Obesity and overweight are defined as abnormal fat accumulation that presents a risk to mental health which leads to severe health complications. BMI over 25 are considered as overweight and over 30 is considered as obese.

**Keywords:** Obesity; BMI; Healthy Eating Habits

**Editor’s Note**

Obesity leads to serious diseases and health conditions, it may leads to depression.

Serious diseases and health conditions, including the following:

- Mortality
- High LDL cholesterol, Dyslipidemia
- Type 2 diabetes mellitus
- A breakdown of cartilage and bone within a joint
- Body pains
- Sleep apnea
- Gallbladder disease
- Coronary heart disease
- Stroke
- Mental illness such as clinical depression, anxiety, and other mental disorders

**Healthy Eating Habitats**

- An eating plan that helps manage the weight includes a variety of healthy foods. Add an array of colors to the plate and think of it as eating the rainbow. Dark, oranges, leafy greens, and tomatoes- even fresh herbs are loaded with fiber, vitamins, and minerals.
- Getting enough water every day is important for health. Drinking water can prevent dehydration, a condition that can cause unclear thinking, result in mood change, cause the body to overheat, and lead to constipation and kidney stones.
- Adding frozen peppers, broccoli, or onions to stews and omelets gives them a quick and convenient boost of color and nutrients.
- Substitute a low-fat cheese in casseroles and vegetable sauces.
- Try a non-stick cooking spray or a small amount of cooking oil for sautéing instead of frying with solid fat.
- Build Healthy Eating Habits
- Drink more water
- Eat a variety of vegetables, especially dark green, red, and orange.
- Eat a variety of fruits.
- Eat whole-grain, high-fiber breads and cereals. Reduce or eliminate refined or processed carbohydrates; most of the grains in your diet should be whole grains.
- Drink fat-free or low-fat milk and eat low-fat dairy products.
- Choose from a variety of low-fat sources of protein - including eggs, beans, poultry without skin, seafood, lean meats, unsalted nuts, seeds, and soy products.
- Use vegetable oils instead of solid fats.
- Reduce intake of saturated fats and trans-fats as much as possible.
- Reduce daily intake of salt. Reduce to less than 1,500 mg per day.
- Restrict "junk food"-foods that contain refined white flour, solid fats, added sugars, and are high in sodium.
- Reduce the number of calories. Eliminate all sugar-added drinks from the diet. Drink 100% fruit juices, unsweetened, but limit servings to 1-2/day.
- Decrease the amount of time spent in sedentary activities, especially watching television.
- Get moderate physical activity for 30-60 min/day, at least five days a week.
- Do muscle strengthening and toning exercises at least 2 or 3 days a week.
- Eliminate sodas and sugar-added drinks that are high in calories and contain few or no nutrients.
Water
• Lubricate and cushion joints
• Protect the sensitive tissues and spinal cord
• Keep a normal temperature

• Get rid of wastes through urination, perspiration and bowel movements

Conclusion
Lifestyle modifications, diet control and other means of therapy treat and prevent the obesity and overweight.