

# Basic Nutrition Information for Overweight and Obese Individuals



مؤسسة حمد الطبية  
Hamad Medical Corporation

HEALTH · EDUCATION · RESEARCH · صحة · تعليم · بحوث

قسم التغذية العلاجية  
Dietetics and Nutrition Department



## Basic Nutrition Information for Overweight and Obese Individuals

---



Obesity is the excessive accumulation of fat in the body resulting from high calorie food intake with low physical activity. Obesity can lead to different diseases such as diabetes, hypertension, hyperlipidemia, heart diseases and some types of cancers.

Weight reduction should be a primary health target for obese individuals, with or without these complications.

### **What is the caloric value of food?**

Calories indicate the amount of energy generated from each type of food. Eating too much of high calorie food provides the body with more energy than the body needs. This extra energy is converted to fat, stored in the body and results in weight gain and obesity.

The energy contents of the main nutrients in food are:

Fat = 9 calories in each gram

Carbohydrates = 4 calories in each gram

Protein = 4 calories in each gram

## Basic Nutrition Information for Overweight and Obese Individuals

---

### General guidelines for weight reduction:

#### 1- Lifestyle Changes

- Be ready not only to lose weight, but also to change your dietary habits and lifestyle to maintain the weight you lost, which will have a positive impact on your health.
- Rapid weight loss in a short time period is unhealthy and weight that was lost is unlikely to be maintained. Be realistic. Try to lose about 1kg per week.
- Start your weight reduction program by avoiding high calorie foods as clearly stated in the attached table.
- Distribute your food into three main meals and two to three snacks in between, while maintaining a regular schedule.
- Avoid overeating and stick to specific portion size using small utensils, eat slowly and chew your food properly
- Reading the food label helps in the selection of suitable food items and calculating calorie contents
- Keep time for daily regular exercise no less than 30 minutes continuously. If you are unable to do so, do it in bouts of 10 minutes three times a day
- Respect your body, . Walk faster and more often. Gradually increase your indoor physical activity.
- When losing weight, the body loses water faster than fat, so keep consuming adequate amounts of water between 8 to 10 cups per day. This helps... cups/day, it helps in weight loss and cleans waste products from your body.



## 2- How to choose your food?

- Reduce fat intake, and increase consumption of foods from vegetable sources like (olives oil, corn oil, sunflower oil, soy oil, and canola oil), and avoid solids.
- Follow the healthy ways of preparing food such as grilling, boiling, steaming, and baking. Avoid fried and fatty foods
- Consume the recommended amount of protein while dieting by eating good sources of protein like chicken, fish, meat, cheese, egg, and legumes. But don't eat eggs more than three times a week
- Eat fiber rich foods such as rich foods fruits, vegetables, and whole grain breads and cereals. These fill you up and they are good sources of vitamins and minerals. Always include them in your meals
- Starchy foods are required to provide your daily energy. Consume, consume the recommended amount and avoid overconsumption.
- Avoid simple sugars, sweets, sweetened juices, and soft drinks
- Reduce consumption of appetizers. They are rich in salt and promote over eating.



## Basic Nutrition Information for Overweight and Obese Individuals

### Foods grouped according to their calorific content

Food Group	High Calorie
Cereal and cereal products	Pastry, pies, cakes, sambousa
Milk and milk products	Full-fat (milk and milk products)
Egg	Egg yolk Fried eggs
Fat and oil	Butter, margarine, gee, oil, tahina, all fried foods
Meat and meat products	Fatty meats, poultry skin, sausages, processed meat. All kinds of fried meats
Fish	Oil canned fish, fried fish
Vegetables	Fried vegetables and potatoes Vegetables cooked with fatty meat, chips
Fruit	Avocado, dried fruit, canned fruit, sweetened fruit juices
Nuts and seeds	All nuts, all seeds, peanut butter
Sugar, and sweets	Sugar, all sweets and chocolates, honey, jam, marmalade
Beverages	Chocolate drinks, milk shakes, soft drinks, Sweetened juices Energy drinks
Sauces, soups and miscellaneous.	Mayonnaise, regular salad dressing, pickles canned with oil chicken, meat and beef stocks

Medium Calorie	Low Calorie
Bread, pasta, rice, unsweetened wafer biscuits, and breakfast cereals	Bread and biscuits made from whole grains
Low fat (milk and milk products)	Skimmed (milk and milk products)
Whole boiled egg	Egg white
Low fat mayonnaise, and salad dressing	" " " " "
Lean meat, skinned poultry	" " " " "
Grilled or cooked with less oil fish Fish canned in brine	Boiled, steamed, or grilled vegetables Fresh vegetables and salad
Potatoes and sweet potatoes. Legumes (fava beans, chickpeas....) Sweet corn, Carrot, Beet root	All other fresh fruits
Banana, grapes, mango, unsweetened fruit juices	All other fresh fruits
	" " " " "
Unsweetened low fat or skimmed milk shakes	Tea, coffee, tomato juice, diet soft drinks
Full fat soups and sauces	Low fat soups and sauces All spices

### Suggested Meal Plan for 1200 Kcal/Day

Meals	Number of exchanges within the meal	Suggested Menu
Breakfast	<ul style="list-style-type: none"> <li>• 2 starch</li> <li>• 1 milk</li> <li>• ½ vegetable</li> <li>• 1 meat</li> <li>• 1 fat</li> </ul>	<ul style="list-style-type: none"> <li>• 2 slices of bread or 1 small loaf of bread</li> <li>• 1 cup low fat milk or yogurt</li> <li>• 100g tomato or cucumber or carrot or lettuce</li> <li>• 2 tablespoons low fat labnah or cheese or 1 boiled egg</li> <li>• 1 teaspoon olive oil, or 8 medium-sized olives or pickles</li> </ul>
Snack (1)	<ul style="list-style-type: none"> <li>• 1 fruit</li> </ul>	<ul style="list-style-type: none"> <li>• 1 apple or ½ of banana</li> <li>• 1 cup of tea or coffee without sugar</li> </ul>
Lunch	<ul style="list-style-type: none"> <li>• 3 starch</li> <li>• 2 vegetable</li> <li>• 3 meat</li> <li>• ½ milk</li> <li>• ½ vegetable</li> <li>• 2 fat</li> </ul>	<ul style="list-style-type: none"> <li>• ⅔ cup vegetable salad or ½ cup cooked vegetables</li> <li>• 60 gm fish or chicken or meat</li> <li>• ½ cup low fat yogurt</li> <li>• 1 cup vegetable soup</li> <li>• 2 teaspoons corn oil</li> </ul>
Snack (2)	<ul style="list-style-type: none"> <li>• 1 fruit</li> </ul>	<ul style="list-style-type: none"> <li>• 1 orange or pear</li> </ul>
Dinner	<ul style="list-style-type: none"> <li>• 2 starch</li> <li>• 1 vegetable</li> <li>• 1 meat</li> <li>• ½ milk</li> </ul>	<ul style="list-style-type: none"> <li>• 2 slices of bread or ½ cup corn flakes</li> <li>• 1 cup salad or ½ cup sautéed vegetable</li> <li>• 30 gm tuna or low fat cheese or ¼ cup hummos or fowl</li> <li>• ½ cup of low fat yogurt or laban</li> </ul>
Snack (3)	<ul style="list-style-type: none"> <li>• 1 fruit</li> </ul>	<ul style="list-style-type: none"> <li>• 12 grapes</li> </ul>



## Suggested Meal Plan for 1500 Kcal/Day

Meals	Number of exchanges within the meal	Suggested Menu
Breakfast	<ul style="list-style-type: none"> <li>• 2 starch</li> <li>• 1 milk</li> <li>• ½ vegetable</li> <li>• 1 meat</li> </ul> <ul style="list-style-type: none"> <li>• 1 fat</li> </ul>	<ul style="list-style-type: none"> <li>• 2 slices or 1 small loaf of bread</li> <li>• 1 cup of low fat milk or yogurt</li> <li>• 100g tomato or cucumber or carrot or lettuce</li> <li>• 2 tablespoons low fat labnah or cheese or 1 boiled egg</li> <li>• 1 teaspoon olive oil, or 8 medium size olives or pickles</li> </ul>
Snack (1)	<ul style="list-style-type: none"> <li>• 1 fruit</li> </ul>	<ul style="list-style-type: none"> <li>• 1 apple or ½ a banana</li> <li>• 1 cup of tea or coffee without sugar</li> </ul>
Lunch	<ul style="list-style-type: none"> <li>• 3 starch</li> <li>• 2 vegetable</li> <li>• 3 meat</li> <li>• ½ milk</li> <li>• ½ vegetable</li> <li>• 2 fat</li> </ul>	<ul style="list-style-type: none"> <li>• 1 cup of rice or macaroni</li> <li>• 1 cup of cooked vegetables</li> <li>• 90gm fish or chicken or meat</li> <li>• ½ cup low fat yogurt</li> <li>• 1 cup vegetable soup</li> <li>• 2 teaspoons of corn oil</li> </ul>
Snack (2)	<ul style="list-style-type: none"> <li>• 1 Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• 1 orange or pear</li> </ul>
Dinner	<ul style="list-style-type: none"> <li>• 2 starch</li> <li>• 1 vegetable</li> <li>• 1 meat</li> </ul> <ul style="list-style-type: none"> <li>• ½ milk</li> <li>• 1 fat</li> </ul>	<ul style="list-style-type: none"> <li>• 2 slices of bread or ½ cup corn flakes</li> <li>• 1 cup salad or ½ cup sautéed vegetable</li> <li>• 30gm tuna or low fat cheese or ¼ cup hummos or fowl</li> <li>• ½ cup low fat yogurt or laban</li> <li>• 1 teaspoon of olive oil</li> </ul>
Snack (3)	<ul style="list-style-type: none"> <li>• 1 item of fruit</li> </ul>	<ul style="list-style-type: none"> <li>• 1 orange or 12 grapes</li> </ul>

### Suggested Meal Plan for 1500 Kcal/Day

Meals	Number of exchanges within the meal	Suggested Menu
Breakfast	<ul style="list-style-type: none"> <li>• 2 starch</li> <li>• 1 milk</li> <li>• ½ vegetable</li> <li>• 2 meat</li> <li>• 1 fat</li> </ul>	<ul style="list-style-type: none"> <li>• 2 slices of bread or 1 small loaf of bread</li> <li>• 1 cup of low fat milk or yogurt</li> <li>• 100g tomato or cucumber or lettuce</li> <li>• 2 food items from the following:               <ul style="list-style-type: none"> <li>• 2 tablespoons of low fat labnah</li> <li>• 2 tablespoons of low fat cheese</li> <li>• 1 boiled egg</li> </ul> </li> <li>• 1 teaspoon olive oil, or 8 medium-sized olives or pickle</li> </ul>
Snack (1)	<ul style="list-style-type: none"> <li>• 1 item of fruit</li> </ul>	<ul style="list-style-type: none"> <li>• 1 apple or ½ of banana</li> <li>• 1 cup of tea or coffee without sugar</li> </ul>
Lunch	<ul style="list-style-type: none"> <li>• 3 starch</li> <li>• 1 vegetable</li> <li>• 3 meat</li> <li>• ½ milk</li> <li>• ½ vegetable</li> <li>• 3 fat</li> </ul>	<ul style="list-style-type: none"> <li>• 1 cup of rice or macaroni</li> <li>• 1 cup cooked vegetable</li> <li>• 90gm fish or chicken or meat</li> <li>• ½ cup of low fat yogurt</li> <li>• 1 cup of vegetable soup</li> <li>• 3 teaspoons corn oil</li> </ul>
Snack (2)	<ul style="list-style-type: none"> <li>• 1 fruit</li> <li>• ½ milk</li> </ul>	<ul style="list-style-type: none"> <li>• 1 orange or pear</li> <li>• ½ cup low fat laban</li> </ul>
Dinner	<ul style="list-style-type: none"> <li>• 2 starch</li> <li>• 1 vegetable</li> <li>• 1 meat</li> <li>• ½ milk</li> <li>• vegetable</li> <li>• 1 fat</li> </ul>	<ul style="list-style-type: none"> <li>• 2 slices of bread or 1 cup of corn flakes</li> <li>• 1 cup of salad or ½ cup of sautéed vegetable</li> <li>• 30gm low fat cheese or tuna or ¼ cup hummos or foul</li> <li>• ½ cup low fat yogurt or laban</li> <li>• 1 cup vegetable soup</li> <li>• 1 teaspoon olive oil</li> </ul>
Snack (3)	<ul style="list-style-type: none"> <li>• 1 fruit</li> <li>• 1 starch</li> </ul>	<ul style="list-style-type: none"> <li>• 1 orange or 12 grapes</li> <li>• 2 plain biscuits</li> <li>• 1 cup of tea without sugar</li> </ul>





**Dietetics and Nutrition Department**

@ dietetics@hamad.qa

☎ 4439 1142

Approved by:

**Patient and Family Education Committee**

@ patienteducation@hamad.qa

© 2014 Hamad Medical Corporation