

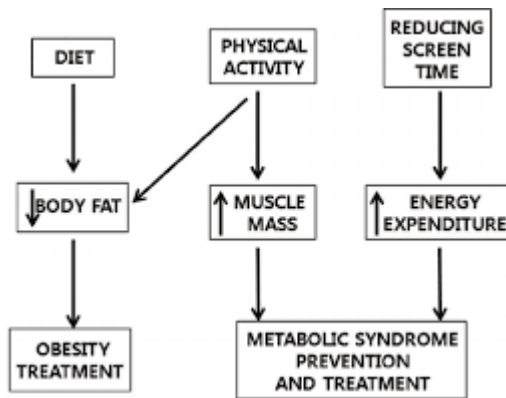
Dietetics and Therapeutic Nutrition (Major Core)

B.A. VI semester (NEP 2020)

Unit IV

Weight Management

Obesity Diet Chart



EAT A HEALTHY DIET AND PREVENT OBESITY!

OBESITY INFOGRAPHICS

YES:

FRUITS

VEGETABLES

WHOLE GRAIN BREAD

NO:

FAST FOOD

SWEETS

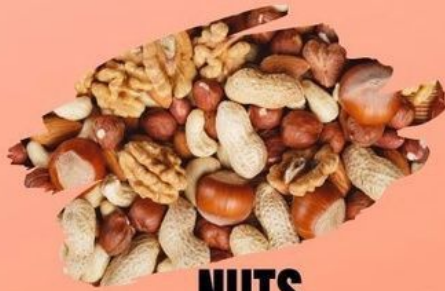
SAUSAGE & BACON

Underweight Diet Chart

TOTAL CALORIES (kcal/Day)
2000-2200

HIGH CALORIE FOODS

For Weight Gain



NUTS



AVOCADO



LEGUMES



SWEET POTATOES



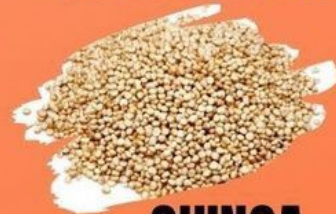
OLIVE OIL



COCONUT OIL



BROWN RICE



QUINOA

Blend of Bites

BEST FOODS TO ADD TO A WEIGHT GAIN DIET CHART

WHOLE GRAINS

STARCHY FOODS

MEAT

NUTS

**DRIED FRUIT AND
FRUITS LIKE AVOCADO**

MILK

