

Eating and Drinking Recommendations for Overweight Persons

Almost every second adult is overweight or obese and should reduce his/her body weight due to reasons concerning health.

There are many causes of overweight/obesity, the most important ones are:

- high energy-intake, often because of too much fat
- insufficient physical activity

Overweight/obesity supports the development of many diseases like e.g.:

- type 2 diabetes mellitus
- lipid disorders
- high blood pressure
- elevated risk of myocardial infarction and some cancers
- back pain and osteoarthritis

How can I successfully lose weight?

With a balanced and fat-reduced diet it is possible to reduce your weight permanently. An initial loss of weight of half a kilogram per week is completely satisfactory. A long-term reduction of body weight will only be maintained if you change your eating habits.

1. Reduce your fat intake!

Fat is contained in:

visible fats: butter, margarine, oil, bacon, whipped cream etc.

non visible fats: sausages, cheese, meat, fish, eggs, milk and dairy products, nuts, cake, chocolate, chips etc.

2. Prefer plant fats!

Plant fats contain fatty acids indispensable for life and are free of cholesterol. For cooking and salad sauces use oils like rapeseed-oil, olive oil, soy bean oil or sun flower oil. They help to decrease your blood cholesterol level. But beware of the quantity and use plant oils only in small amounts.

3. Eat more dietary fibres!

Dietary fibres increase the volume of food and therefore contribute to your satiety. Moreover they provide few calories. That is why they are the perfect partner for weight loss diets.

You find many dietary fibres in:

- whole-grain bread, oat flakes, brown rice, whole-wheat pasta etc.
- potatoes
- vegetables, salad, raw vegetables, leguminous plants
- fresh and dried fruits

4. Reduce your sugar consumption !

Foods rich in sugar : jam, honey, candies, chocolate, marzipan, nougat, ice-cream, pudding, cake, cookies, lemonade, coke, milk-shakes etc.

Many sweets also contain large amounts of fat.

Use sugar only in small amounts or replace it with non-caloric sweeteners.

5. Drink enough!

Drink at least 2 – 2,5 l of non-caloric or low-caloric beverages like water, unsweetened tea, coffee or fruit juice mixed with sparkling mineral water (one part juice, four parts water).

Alcohol is an enjoyment or luxury food ! It is the second dense energy source (after fat) and alcoholic drinks often contain sugar. Thus, reduce your alcohol consumption in order to reduce your energy intake.

6. Physical activity is good for you !

By increasing your physical activity like e.g. biking, walking, hiking, swimming etc. you spend energy and support your weight loss or, as the case may be, keep your new weight easier.

7. Summary

Enjoy balanced and multi-sided meals.

Eat corn products several times a day (bread, noddles, rice etc.) and eat potatoes frequently.

Reduce your fat intake by an adequate choice and preparation of food.

Eat salads, vegetables and fruits because they are free of fat and contain vitamins, dietary fibres and minerals.

Cakes and sweets also belong to a healthy nutrition but only occasionally and in small amounts.

We wish you good luck with realizing our recommendations !