

# A realistic weight management nutritional regimen for today's life

## Abstract

This article develops a feasible global nutritional regimen to effectively manage body weight and minimize risks from obesity and related cardiometabolic issues. This program is based on dinner removal and dividing lunch into three portions to be consumed at three occasions with relatively equal intervals. An early morning moderate breakfast of mainly dairy low-fat products has to be maintained. This easy-to-practice and easy-to-keep circadian regimen allows the body to benefit considerably from an intense exercise session of at least once daily. Without limiting energy consumption especially via this program, any intense physical work will cause limited success in healthy weight loss and maintaining normal body mass index in long-time.

**Keywords:** weight management, nutrition, public health, obesity

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## Nutritional program innovation

Eating and exercise are two major managers of human body weight.<sup>1-5</sup> The public nutritional program developed in this article aims to reduce energy intake not more than one-third of the entire expected daily intake. This program begins the day with a morning (i.e., no later than 9-9:30 am) moderate breakfast constituting mainly dairy products of fresh milk, yogurt and cheese with some starch. High fat products must not be consumed much. Fitting exercise programs were described elsewhere.<sup>6-10</sup> Noteworthy, to facilitate limiting energy intake, early morning physical work may be maintained at nominal to manage the food crave.

Lunch should be aimed to have adequate energy but not to provide more than 800kcal for an average individual (assuming 2000kcal daily energy intake at non-regimen conditions). Otherwise, the prolonged integrity of the program would not be maintained. Depending on body size and activity level, the amount of lunch energy may be reduced to not be overfed. It is highly suggested to have some low-fat yogurt as a natural ideal probiotic at subsequent meals to improve gut function and health.<sup>11,12</sup> Such a lunch should be divided into three relatively equal portions to be taken 1) once at normal lunch time, 2) the second time around late afternoon, and 3) the third time around normal supper or dinner time when hunger prevails.

This easy-to-exercise nutritional program prevents habitual over intake of energy that actually occurs in most regions of the world. In addition, this regimen keeps eating frequency still high and adequate for healthy insulin and related endocrinological functions.<sup>13,14</sup> During meal intervals, only minimal amount of cereal and oil grains containing essential amino acids and fatty acids may be taken. Circadian timing of eating and exercise requires further exploration for increased success of global public health programs.<sup>15-17</sup> At least one adequately intense session of physical training to cause sufficient sweating and elevated heart beating for a minimum of 20-25min is required to gain maximal benefits from this weight management strategy.<sup>17,18</sup>

Nutritional weight management programs may be criticised for somehow violating moral human rights in eating any kind of foods and fruits. But, science-driven ideologies demonstrate that when the

new time's man is overly busy with static life affairs, some sorts of limit-energy nutritional programs must be exercised to avoid obesity. In other words, the program developed in this article may be smoothened should physical exercise be intensified and durable. The program has implications for preventing cancer and rising nervous system diseases.<sup>19</sup> A priority for successful implementation of this nutritional program is contemplation and edification investment on public education of its scientific and real life properties.<sup>20</sup>

## Implication

An easy-to-perform nutritional regimen was developed to facilitate weight management in the greatly busy life of the new times. A moderate breakfast made mainly from low-fat dairy products should set the stage for at least three subsequent moderate food meals to be consumed at normal lunch time, late afternoon, and evening or early night. The three food meals are relatively equal portion of the normal non-regimen lunch substituting for the actual non-regimen dinner.

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## Conflict of interest

Author declares that there is no conflict of interest.

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