

# WEIGHT MANAGEMENT, YOU CAN DO IT!






## Understanding Excessive Weight

by Dietetic Services

Excess weight is a serious health problem which will increase the risk of developing a number of serious illnesses, including heart disease, stroke, diabetes, cancer, and high blood pressure.

How do we define excess body weight? Overweight is defined as body weight 10 - 19% above Ideal Body Weight. Obesity is defined as body weight 20% or more above the Ideal Body Weight. Principle of weight management is ensuring you use up more calories than you consume.





A good weight management plan should be safe and effective, and should include these few criteria:

-  Include variety of foods from all 5 food groups with recommended ( minimum ) serving size based on the Food Pyramid
-  Include appealing foods you will enjoy eating for the rest of your life, not just few weeks or months
-  Include foods that is easily available to you
-  Allow yourself to eat your favourite foods in moderation
-  Recommend changes in your eating habits that also fit your lifestyle and budget
-  Include regular physical activity

Certain lifestyle and dietary modifications are important to prevent or reduce the complications resulted from excessive body weight.

Please consult a Dietitian for an individualized dietary and nutritional care plan. Talk to your Physician about a referral to a Dietitian

### HOW TO GET CONSULTATION FROM US?

-  Referral from consultant
-  03 - 7718 1000 ext. 1186
-  [dietitiandsh@kpjdamansara.com](mailto:dietitiandsh@kpjdamansara.com)
-  Telemedicine services

