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Lifestyle diseases you should take seriously:

01 Obesity
02 Type II diabetes
03 Arteriosclerosis
04 Heart disease
05 High blood pressure
06 Cancer
07 Stroke

You Are What You Eat
Make Healthy Choices
Diabetes: India’s Bitter Truth

Number of Diabetics
- 2015: 69mn
- 2040: 125mn (estimated)

Rs 90.32bn spent on diabetes management in 2015

Growth rate of diabetics between 1990-2013:
- 128%
- 109%
- 126%

Growth in women diabetics between 1990-2013:
- 109%

Growth in men diabetics between 1990-2013:
- 126%

Diabetes

Diabetes is on the rise
- 422 million adults have diabetes
- That’s 1 person in 11

3.7 million deaths due to diabetes and high blood glucose
1.5 million deaths caused by diabetes
THE WORLD IS GETTING FATTER

250 MILLION PEOPLE

904 MILLION PEOPLE

1980

2008

* number of people who are either overweight or obese

OBESITY IS KILLING THE WORLD

HOW DO I KNOW WHETHER I AM OVERWEIGHT?

Calculate your body mass index (BMI) using this formula:

\[ \text{BMI} = \frac{\text{weight (kg)}}{\text{height}^2 (m^2)} \]

Underweight | Normal | Overweight | Obesity | Severe Obesity
---|---|---|---|---
< 18.5 | 18.5 - 24.9 | 25 - 29.9 | > 30 | > 35

OBESITY KILLS!

7 common diseases due to obesity:
- Arthritis
- Cancer
- Infertility
- Heart Diseases
- Back Pain
- Diabetes
- Stroke

ABC TO OBESITY PREVENTION

SIMPLE RULES TO STAY IN SHAPE

A - adopt New Healthy Habits

B - Balance Your Calorie Intake

C - Control Your Weight Gain

Lifestyle Diseases

- They are diseases that are caused partly by unhealthy behaviors and partly by other factors.
What is the difference between

**Controllable factors**

And

**Uncontrollable Factors**
Controllable Risk Factors

- Your diet and body weight
- Your daily levels of physical activity

- Your level of sun exposure
- Smoking and alcohol abuse
Uncontrollable factors

- Age
- Race
- Gender
- Heredity
Prevention of Lifestyle Diseases

Left:
- No Tobacco
  - Positive attitude
  - Regular physical activity
  - At least three meals per day plus snacks eaten slowly
  - Water with meals and between

Right:
- Replace junk foods with healthy foods
- Quit smoking
- Maintain good oral hygiene
- Cut down alcohol consumption
- Exercise or walk a few miles daily
- Monitor and control the level of blood sugar
sugar in beverages

Eat right.

Every time you eat or drink you are either feeding disease or fighting it.

www.facebook.com/blahblahherbal

Heather Morgan
“Today, more than 95% of all chronic disease is caused by food choice, toxic food ingredients, nutritional deficiencies and lack of physical exercise.”

**Pros**
- Tasty
- Convenient
- Long shelf life
- Saves time

**Cons**
- Obesity + Diseases
- Affects performance
- Lowers concentration
- Unhealthy ingredients
So what to do...

I can't control everything in my life, but I can control what I put in my body.
Its Time to CHANGE

- Low CARB Diet
- Keep an eye on Fats (Visible and Invisible fats)
- Lower sugar intake
- Low sodium diet
- High Fibre (Soluble -Insoluble)
- HDL cholesterol
- Rainbow diet
- Increase servings of fruits and vegetables
- Functional foods/underutilised
- Neither Fast nor Feast
- No to JUNK Foods
- Limit the intake of Processed foods
YOU CAN'T OUT-EXERCISE A BAD DIET.

Exercise is king. Nutrition is queen. Put them together and you've got a kingdom. — Jack Lalanne

Eat colors for health:
- White: Immune Support
- Green: Detoxification
- Yellow: Beauty
- Orange: Cancer Prevention
- Red: Heart Health
- Purple: Longevity
CHANGE IT UP

Eat healthier food,
be more active every day
and you will feel
...transformed!

THANK YOU!
there is no better time than now to start living healthy.

ANY QUESTIONS?