

Name: **Feddy Halabi Troisi**
Date: **September 04, 2019**
Student Number: **1840036**
Class: **CUL115 NUTRITION**

Discussion about Prompt #2:

➡ LOSE WEIGHT

Slimming diet generally means the diet that aims to lose body weight, by bringing, through nutrition, a quantity of energy (expressed in Kcalories) lower than that spent to carry out all the numerous physiological activities that each individual, even when sleeping, inevitably accomplishes. This definition is certainly very generic, in fact, as we have seen this week, there are many factors that influence, in a positive or negative way, on weight loss.

➡ THE GENETIC FACTORS

What role does genetics play in weight loss?

In reality the correct question should be:

What role does genetics play in the predisposition to obesity?

According to the estimates of recent studies, the predisposition to obesity of genetic origin would weigh on average 25% in the manifestation of this condition. One of the determining causes of the predisposition to obesity is due to the OB gene, which is responsible for the synthesis of leptin, a protein hormone that regulates the sense of satiety in the brain. Leptin, though indirectly, can therefore set a limit on the calories ingested, keeping the body fat deposit at levels not excessive. People prone to thinness produce higher doses of this hormone or are more sensitive to its action. In contrast, those who show a predisposition to obesity produce less leptin or are less sensitive to this action. In essence, both a deficient production of this protein and an insufficient reception by the brain contribute to reducing the metabolism, thus favoring obesity.

➡ ENVIRONMENTAL AND SOCIO-CULTURAL FACTORS

Besides the predisposition to obesity of genetic origin, environmental and socio-cultural causes have a great influence on an exaggerated increase in body weight. Especially in societies in the western world, statistics show that the percentage of obese increases as the level of education decreases. In the culturally less populated segments of the population, physical activity is also less widespread, essential for limiting or avoiding the risk of gaining too much weight.

➡ **THE PREDISPOSITION TO OBESITY, BUT NO EXCUSES.**

Having said that, and adding that serious cases of obesity must be treated with the help of specialists, it can be said that, even if the predisposition is a very important factor, a good lifestyle, starting from eating habits, is always decisive, even more so, for those predisposed to weight gain. Specialists recall that the sharp increase in the incidence of obesity has manifested itself in recent decades, a very short period of time if inserted in the context of human evolution. In these same years the genetic heritage of the population has not changed. This is another proof that, before blaming our genes, we must first consider what we eat.

➡ **SPORT AND PHYSICAL ACTIVITY**

Therefore, it can be said that it is very important to associate a low-calorie diet with regular physical exercises. Sport, but also walking at a brisk pace or climbing stairs, helps to increase energy needs and, therefore, the number of calories that are "burned", contributing to making the muscles firmer, more elastic and, like we studied the muscles help the metabolism: ***"Build muscle! Muscle burns more kcalories when at rest than fat, which means that a higher percentage of muscle mass leads to a higher basal metabolic rate."***

To obtain appreciable results, the sporting activity must be practiced in a rather intense and constant way, always calibrating the type of effort based on general health conditions, sex and age. If a regular physical activity is carried out, especially by subjects who have lived a sedentary lifestyle for a long time, an effect that may appear surprising will not be unusual: instead of losing weight, you will get a few pounds. To understand this result, it must be kept in mind that the weight of the muscle mass is greater than that of the fat mass and that the latter will gradually be replaced by the muscles. From recent research conducted on serious cardiovascular problems related to cholesterol (including arteriosclerosis, stroke and myocardial infarction), it is clear that a regular practice of medium-intensity gymnastic activity has the power to stimulate the body more to produce "good" cholesterol, or HDL, which mitigates the negative effects produced by LDL cholesterol.

➡ **THE RIGHT SPORT TO LOSE WEIGHT - TIPS**

When you have a few extra pounds, it may not be easy to play sports. In fact, aerobics or running are high-impact activities and can inflame the joints. This can make you lose motivation and maybe push you to let it go. Therefore, it would be better to start with the bicycle, the exercise bike or the walk. With these sports, in fact, the joints are less stressed, with the risk of injuries diminishing. Start with a light workout that you can increase with your physical improvement. For example, you start cycling three times a week for half an hour, then increasing with time. It would also be important to combine muscle strengthening exercises.

➤ **7 TIPS TO BE ACTIVE IN DAILY LIFE**

For those who do not want to immediately start the diet together with the sport, here are 7 useful tips, which can be integrated into the daily life:

- 1. Walk everyday: it's an easy activity that will help you control your weight.*
- 2. If you go to work or travel by bus, stop at a previous stop, and continue on foot.*
- 3. Use the stairs instead of the elevator.*
- 4. If you have a dog, go out with it often and take long walks.*
- 5. Start walking for a quarter of an hour, twice a day, to get to an hour.*
- 6. If you have decided to practice a sport, choose one that you like, perhaps close to home, to practice it all year round.*
- 7. You avoid sitting too long.*

➤ **MEDITERRANEAN DIET - STUDIES AND BENEFITS**

The Mediterranean diet has been widespread for centuries in the Mediterranean area, from which it takes its name, getting lost, so to speak, "in the mists of time". To confirm this longevity, just think of the many ancient dishes that are almost always prepared according to the principles of the Mediterranean diet.

The study conducted by a pool of scholars led by the American physiologist Ancel Keys, author of the book "Eat well to live better", after having carried out scrupulously comparative surveys on the populations of various parts of the world, revealed that there was a high percentage of less mortality due to cardiovascular disease in Mediterranean countries. Furthermore, the Mediterranean diet has also been associated with a lower incidence rate of mental and psychological disorders, as well as preventive effects on various types of cancer. Especially due to the considerable contribution of vitamins and mineral salts, assured by the Mediterranean diet, a powerful antioxidant effect is obtained; in this way it is possible to counteract the negative action of free radicals, the residues of metabolic processes (the mechanisms of energy production within the body's cells), consisting of potentially harmful waste. All this is confirmed by various subsequent studies that have linked the beneficial effects of this diet mainly to a greater consumption of white meats compared to red ones, a preference for cereal-based dishes (such as bread, pasta, rice, etc.), legumes, vegetables and food of vegetable origin, seasoned with olive oil, rather than with butter, lard, lard or similar, as well as other habits and lifestyles typical of the Mediterranean area. Furthermore, other surveys focusing on longevity records have celebrated Mediterranean countries such as those where people live longer (average men and women of 77 years and even 82 years) and there is a better mass index body (weight / height), against the known problems of obesity in the Nord America and in other states that do not follow the typical Mediterranean regime.

🔄 **EXAMPLE OF MEDITERRANEAN DIET: 1200 CALORIES PER DAY WITH WEEKLY MENU**

Below is an example of a weekly slimming Mediterranean diet menu, with directions to follow every day. There are five meals to be taken in one day, with the same breakfast, snack and afternoon snack for each day, such as those indicated below:

- + Breakfast: a cup of tea without sugar, a cup of tea or semi-skimmed milk, two rusks, a teaspoon of light cream cheese;
- + Snack: a citrus juice or a seasonal fruit;
- + Afternoon snack: a seasonal fruit or a mixed sugar-free fruit salad.

Here are the recommended dishes from Monday to Sunday.

+ **Monday**

Lunch: 60 or 70 grams of pasta seasoned with boiled broccoli and sautéed with garlic, extra virgin olive oil, three small almonds, chili pepper and an anchovy as need, a mixture of seasonal crudités.

Dinner: vegetable soup with whole meal oats, two fried eggs with croutons.

+ **Tuesday**

Lunch: risotto with radicchio flavored with black pepper or other spices as need, boiled and au gratin ribs in the oven and cod cooked in a pan with tomato.

Dinner: pan-fried lentils, broccoli and steamed cauliflower seasoned with olive oil and spices to taste.

+ **Wednesday**

Lunch: seasonal herbs and sautéed spinach with spices and herbs to taste, and sliced beef with rosemary.

Dinner: vegetable soup with whole meal spelled, two bruschetta with tomato and oregano, vegetable “ribollita”.

+ **Thursday**

Lunch: seasonal vegetable ratatouille, a soup plate with wholegrain barley and vegetables.

Dinner: vegetable and legume purée, 120 grams of grilled turkey breast, mixed salad with a sprinkling of crushed pumpkin seeds.

+ **Friday**

Lunch: grilled Belgian salad and radicchio, 60 or 70 grams of pasta with vegetable and olive salsa.

Dinner: baked trout with a potato, a mixture of steamed vegetables.

+ **Saturday**

Lunch: mixed salad, two eggs in omelet with a sprinkling of grana-type cheese and a slice of toasted bread.

Dinner: cream of seasonal vegetables and 130 grams of chicken in casserole with potatoes.

+ **Sunday**

Lunch: 60 or 70 grams of whole meal pasta sautéed in a pan with steamed cauliflower, and a mixed salad to finish.

Dinner: 70 or 80 grams of degreased raw ham or bresaola with lemon, rocket and parmesan, spinach salad with a sprinkling of sesame seeds.

References:

By The editors of “La salute in pillole”. Date 2018. Web
<<https://www.lasaluteinpillole.it/alimentazione/dieta-stile-vita.asp>>

By By Matteo Garuti. Date December 19, 2016. Web
<<https://www.ilgiornaledelcibo.it/predisposizione-obesita-genetica/>>

By Floriana Giambarresi. Date December 25, 2018. Web
<<https://www.greenstyle.it/dieta-mediterranea-dimagrante-da-1200-kcal-ecco-come-farla-40006.html>>

By Sylvie Pariset. Date September 5, 2019. Web
<<https://www.melarossa.it/fitness/workout/sovrappeso-programma-allenamento/>>