Ask Dr. Manu

# 5 Simple Weight Loss Tips from Dr. Manu
# to Kickstart Your Journey!

### 1) Adopt a Balanced and Nutrient-Rich Diet:

Focus on a well-rounded diet that includes a variety of whole foods such as **fruits, Vegetables, lean proteins, whole grains, and healthy fats**. These nutrient-dense foods provide essential vitamins, minerals, and antioxidants that support overall health and can contribute to sustainable weight loss.

### 2) Practice Portion Control:

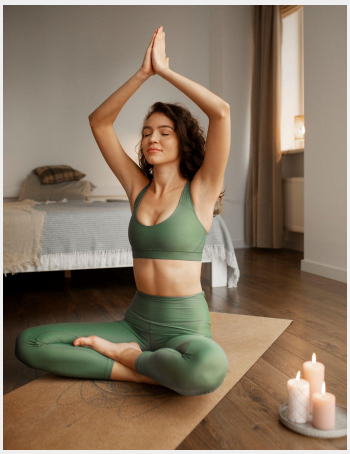
Be mindful of portion sizes to prevent overeating. **Use smaller plates,** listen to your body's hunger and fullness cues, and avoid consuming large quantities of high-calorie foods. Portion control is crucial for creating a calorie deficit, which is necessary for weight loss

### 3) Stay Hydrated:

Drink an adequate amount of water throughout the day. Sometimes, **the body can misinterpret thirst as hunger,** leading to unnecessary calorie consumption. Staying hydrated can also support metabolism and overall bodily functions, contributing to weight management.

### 4) Get Sufficient Sleep:

Lack of sleep has been linked to weight gain and increased cravings for unhealthy foods. **Aim for 7-9 hours of quality sleep per night**. A well-rested body is better equipped to regulate hormones related to hunger and satiety, supporting healthy eating habits.



### 5) Manage Stress:

Chronic stress can lead to emotional eating and cravings for high-calorie comfort foods. Practice stress-reducing activities such as meditation, **deep breathing, yoga, or hobbies** that bring joy. Effective stress management is essential for maintaining a positive relationship with food and supporting weight loss goals.