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Baby will make you lose weight

By Niti Desai

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Q I am a 27-year-old girl who is 5 feet, four inches and weigh 53 kilos. I am not overweight but have always been able to maintain my weight at 51 kilos. Six months back I put on two kilos and have not been able to knock them off despite working out for an hour, five days a week. I eat in moderation, drink lots of water and don't touch aerated drinks. Can you please tell me what diet I should follow to lose weight?

Divya Rao

To begin with, do not be obsessed with a weight loss of two kilos. Alter your workout routine. Concentrate on a cardiovascular workout — six days of the week — let it be a kind of interval training. Have small and frequent meals. I need a few more details about your daily intake to offer you concrete suggestions.

Q I am 29 years old and three months pregnant. I am terrified about putting on loads of weight during my pregnancy. Is it okay if I stick to my normal diet and not eat extra as my doctor tells me that the baby will be fine if I eat a normal nutritious meal.

Nandini Chinnapa

Nandini, you have not mentioned your pre-pregnancy weight. However, the requirements for the second and third trimester of pregnancy are higher than for the pre-pregnant state. The requirements go up by additional 340 kcals in the second trimester and by 452 kcals in the third trimester. The guidelines suggest a weight gain of 0.40 kg per week in the last 30 weeks of pregnancy. If you have started your pregnancy at a healthy weight, you should be looking at 10-12 kgs weight gain and much less if you are overweight. The protein requirements are also one-and-a-half times the pre-pregnancy state.

Have a healthy nutritious diet — do not take in empty calories in the form of sugary drinks, fried foods and mithais. Increase your caloric intake with skimmed milk and milk products like curd or paneer, dry fruits, nuts, pulses and high fibre grains such as jowar, bajra and nachni. Do not worry, you will have all the time and opportunity to lose weight, post-pregnancy. Breast feeding and your hectic days with the baby will be the best weight loss tools.

If you want nutrition and diet advice write into nitidesai@deccanmail.com [1]

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