

Dr Shaban's guide to losing weight and some dietary modifications which be can initiated.

Lifestyle changes such as:

- Avoidance of sugar-sweetened beverages, Increase water intake, dietary fiber, fruits and vegetables, low fat dairy products.
- **Eliminate-** soda, fast foods, fried foods, unhealthy snacks.
- Check nutrition labels **for "high fructose corn syrup" or "corn syrup"**. Many foods contain HFCS, so this list is by no means exhaustive.

The most common sources of this ingredient include:

- Soda: Almost all sodas contain HFCS, often in very large quantities.
 - Sweetened juices: Some fruit juices, including those that manufacturers market to children, contain HFCS.
 - Processed desserts: Packaged sweets, including candy, prepackaged cookies, muffins, and other desserts, often include HFCS.
 - Packaged fruits: Some applesauce, cranberry sauce, dried fruit snacks, and other fruit-based snacks contain HFCS as a sweetener.
 - Crackers: Some crackers, mixed snack packages, and other cracker-like products use HFCS to increase sweetness.
 - Condiments and salad dressings: Many condiments, even salty ones such as ketchup, use HFCS as a sweetener. Check the labels of salad dressings, ketchup, barbecue sauce, and other condiments.
 - Prepackaged meals: A variety of prepackaged meals, including some pizzas, contain HFCS.
 - Granola and nutrition bars: Granola bars, protein bars, and other purportedly healthful snacks often use sweeteners to improve the taste. HFCS is one of the most popular sweeteners in these products.
 - Peanut and other nut butters: Peanut butter might seem to be a savory treat, but it is actually very sweet. Many peanut butter manufacturers add sugar, and some add HFCS. The same is true of some other nut butters, such as cashew and almond butter.
 - Some bread and wheat: Some sweetened breads and wheats, including some pastas, contain HFCS.
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- Moderate- to high-intensity exercise daily (60 minutes of physical activity daily). Because glycogen is the primary energy source for muscles during the first 20 minutes

of exercise, at least 30 minutes of exercise is necessary to begin burning the fat stores. CDC and the American College of sports medicine recommend a minimum of 30 minutes of exercise 5 days/week. 20 minutes of exercise daily or 310-minute sessions daily does improve cardiovascular fitness, but does not cause significant weight loss. Walking on land or in water, and stationary biking or equivalent and benefit.

- Less than 2 hour/day of screen time
- Too little sleep is associated with obesity, partly because inadequate sleep makes us eat more and be less physically active. Children need more sleep than adults, and the amount varies by age.
- Obese patients are at risk for variety of other GI related diseases including reflux, dyspepsia, gallstones, and constipation.

Recommended Hours of Sleep

Infant 4–12 months: 12–16 hours per 24 hours (including naps)

Toddler 1–2 years: 11–14 hours per 24 hours (including naps)

Pre-school 3–5 years: 10–13 hours per 24 hours (including naps)

School Age 6–12 years: 9–12 hours per 24 hours

Teen 13–18 years: 8–10 hours per 24 hours

Adult 18–60 years: 7 or more hours per night