Weight Management Strategies for Healthy Body Weight

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Weight Management, Lifestyle, and Healthy Body Composition

Weight management is defined as a process in which body weight and lifestyle are modified according to the person, age, sex, and height. Weight management techniques involve the intake of a balanced diet. The purpose of weight management is the prevention of weight gain. A healthy weight should be gained because it will reduce the cholesterol level and maintain the body in the right way. Prevention of weight gain will reduce the risk of getting diseases (2) (Bouhlal et al., 2018; Study.com, 2018).

Any physiological or unhealthy condition, as well as an imbalance of body state, is known as a health issue or health problem. In other words, it is a situation in which impairment of any physiological functioning affects any part of the body and can also affect the whole organism. Major Health problems include harm due to alcohol usage, food safety issues, infections, stroke and heart attack, HIV injury due to road accidents, unbalanced nutrition intake, physical activity, obesity, teen pregnancy and use of tobacco. An increase in body weight is a significant health problem worldwide. Physical inactivity leads to a rise in body weight. In other words, obesity is due to all the above factors (5).

According to the World Health Organization, in the last 30 years, body weight has doubled all over the world. Due to being overweight, the risk of health problems increases. Overweight people have a higher chance of getting a stroke or heart attack due to an accumulation of cholesterol in the heart veins, and a higher level of cholesterol leads to high blood pressure (National Institute of Diabetes and Digestive and Kidney Diseases, 2018).

Obesity, Depression, and the Psychological Dimensions of Weight

There is a strong relationship between body weight and depression. Depression is known as a mood disorder that primarily disturbs and has a negative impact on daily life. Too much body weight increases the risk of getting arthritis, which is a joint disease. Symptoms of this disease include inflammation of the joint and difficulty in movement of the person. This is a painful condition. At the start, maybe it is not apparent, but with the passage of time, it is hurtful. Too much body weight also

leads to death. For a proper healthy body weight should be reduced so the body will work well (7).

Dhai/curd originated centuries ago, and it is considered a vital source of the human diet, which has essential nutrients. Dahi is formed by milk fermentation, and it is a semisolid product that is produced from fermented milk. In the last 30 years in developing and Western countries, people have become overweight, which has led to severe health issues. Injurious health outcomes include hypertension, diabetes, cardiovascular disease, and even some chronic diseases as well.

Food consists of various nutrients that are complicated or complex in structural form. Food structure is responsible for the determination of whether nutrients are digestible and absorbable. The food matrix is used as an indicator of health relations. This food matrix is also responsible for the alteration of the overall nutritional properties of food (8).

Yoghurt, Nutrition, and Metabolic Health

Current epidemiological and clinical data imply that yoghurt is involved in the body's control and maintenance of energy, which also plays a vital role in the reduction of disease risk. Yoghurt is also a nutritious food that replaces less healthy foods in the diet. Yoghurt matrix and nutrients present in yogurt are such as protein and calcium, which mainly control the appetite and also lead to modifications in gut microbiota. Yoghurt has a role in controlling body weight. It also has such properties which are thought unique as it contains lactic acid bacteria. Lactic acid bacteria are responsible for the fermentation of milk and converting that milk into curd. This bacterium can also affect the gut microbiota. Yoghurt has a potential role in a person's appetite and is also responsible for the control of glucose levels. According to different literature, it is observed that yoghurt provides more benefits to the body. Yoghurt's mechanical actions include appetite control, loss of fat in the body, decreased level of glucose, decreased food intake, and other unhealthy foods with the healthy ones. It supplies a proper portion of nutrients to the body for energy regulation and the maintenance of metabolic activity. The standard part of yoghurt provides a daily intake of nutrients (6) (Panahi & Tremblay, 2016; Thorning et al., 2017).

Functional food was introduced a few years ago; it can be defined as food that provides nutritional value beyond the basic nutritional needs. Functional food was added to restore health effects by the use of such food that fulfils and maintains functional body needs. Recently, a variety of functional foods have been developed, and several of them are found all over the world. It includes probiotics, synbiotics, etc. Functional food is food that has reduced fat, reduced sugar, and reduced salt concentration. Among all these functional foods, probiotics have more positive effects on health. According to FAO/WHO, "basically probiotics are the live microorganisms which are used in the proper amount, so they grant healthy effects on the host body." The introduction of probiotics opens a door to health promotion. Many foods, from beans to blueberry yoghurt, as well as breakfast cereals, contain such nutrients, which are beneficial for promoting health. So, the consumption of such food provides health benefits. Probiotic food consumption is responsible for curing many diseases like

coronary heart problems, diseases related to the immune system, diabetes, and bacterial issues as well (1) (Bastani et al., 2016; Granato et al., 2010).

Insufficient consumption of fibre is widespread, so it is recommended that it be consumed in the proper amount to prevent chronic diseases like weight gain. When the use of fibres is adequate, it reduces the risk of illness. Evidence suggests that fibres play an essential role in the reduction of severe diseases like cardiovascular disease, obesity, overweight, and diabetes as well. In short, it maintains overall health, so it is considered an essential healthy food component (3) (Clemens et al., 2012).

Dahi, Dietary Patterns, and Sustainable Weight Control

Yoghurt utilization is connected to a healthy dietary model and standard of living. Dahi has improved dietary value and also provides healthy metabolic activities. Dahi is considered good for health, and it is thought to be a characteristic of good health by consumers. In recent years, the consumption of Dahi per capita has doubled. Various microbes like *Lactobacillus, Streptococcus thermophiles,* and *Bulgaricus spp. are needed for yoghurt and frozen yoghurt preparation. These bacteria have a functional role in the digestion of lactogen protein in milk.* For the absorption of lactose and enrichment of the immune system, a specific functional food is added. Additional functional food is added in the development of new products(4).

Such food should be consumed that fulfills the nutrient intake goals. As well as by the consumption of Dahi, consumers agreed that it has positive health effects. To prevent diseases and to maintain weight management, physical activity is considered an essential factor. Health issues are generated because of improper diet, physical inactivity, and smoking habits. To stop all these problems need to pay more attention.

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