

In the Name of Allah, Most Gracious, Most Merciful

Prevention from Obesity

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Obesity is a silent killer. We must try our best to prevent ourselves from being obese, since **Prevention is Always Better than Cure**. Many diseases are due to obese, e.g., Breathing Problems like Sleep Apnea (stops breathing briefly during sleep), Diabetes, Gallbladder Disease, Gallstones, Gout, Heart Diseases, High Blood Pressure, Osteoarthritis, Snoring Heavily, Stroke etc.

Major Causes of Obesity:

You cannot find a single obese person in those regions where there is Famine and people are dying due to extreme hunger & thirst. Major causes of Obesity are Unhealthy Oily, Fatty Junk foods, Drinks, all kind of Process Foods or Drinks, Sugar and Over Eating.

All types of oil including Olive Oil, Butter Ghee, Cheese etc., also causes Obesity. Sweets, Sugar, Candies, Chocolates, etc., also are causing Obesity. Honey and Raw Brown sugar (Gurr) are better options for sweets if consumed in moderation. There are many fruits and dry fruits are available to consumed in moderation as well.

Do not even think that it is oil which makes taste in curries. Taste a spoon of oil and tell what taste you feel or cook your curries in oil only without using salt or any other spices and taste it. It is the spices which makes curry tasty, which needs to be used in moderation as well.

Now even infants and little children are being obese and getting heart attack, stroke and diabetics. Every child needs some good fats in moderation up to the age of **20** when they stop growing completely in heights. You can add little pure butter or ghee etc. in their plates or bread in moderation up to the age of **20** of each child.

Eating healthy food doesn't mean giving up your favorite foods. Choosing healthy foods is an important part of eating right, BUT cooking them in a healthful way is another huge part. Many people are being obese and getting Heart Diseases, High Cholesterol, High Blood Pressure, Diabetics etc. Below are few healthy Buying & Cooking Tips.

Buying Tips:

- 1> Choose lean cuts of Halaal Meat (Chicken, Lamb, Goat or Beef, etc.). Remove all fats from meat.
- 2> Buy low fat and nonfat dairy products.
- 3> Choose those foods that are lower in fat, saturated fat, and cholesterol.
- 4> Include Fish (from open sea which is not breed in the farm) in your weekly buying list.
- 5> Include Fruits & Vegetables in your weekly buying list.
- 6> Avoid all Processed Foods/Drinks and has not breed in farms which includes chicken or fish as well.

Cooking Tips:

- 1> Replace fats that contain saturated fat with olive oil, corn oil or canola oil etc.
- 2> Broil, roast, bake, steam, or grill foods instead of frying them, or stir-fry with just a little added oil or broth.
- 3> Trim all visible fats from meat before cooking. Remove the skin from chicken or turkey.
- 4> Scrub vegetables rather than peel them, as many nutrients are found close to the skin.
- 5> Substitute low fat yogurt, sour cream, or cottage cheese for sour cream and mayonnaise in dips and dressings.
- 6> Add herbs to all types of meals. They are also rich in health-protective phytoestrogens.
- 7> Herbs such as coriander, ginger, garlic, green chili, Turmeric and lemongrass are especially complimentary in vegetable-based stir-fry recipes.
- 8> For meat products you may add Ajwain, Cardamom, Cinnamon, Clove, Coriander seed, Cumin, Black Cumin, Garlic, Ginger, Black Pepper, Turmeric.
- 9> Always prefer to cook in low to medium heat. Always avoid over cook or under cook.
- 10> Avoid chemically coated non-stick pan, since it may cause cancers.

Remember: You Are What You Eat. If you eat junk food you are **JUNKY**, but if you eat healthy foods you are **HEALTHY**. Sleeping around **8** hours is extremely necessary otherwise one might collapse or get heart attack etc. **The First Sign of Obese is the Belly Gets Bigger at all ages with the ONLY Exception of Pregnant Women.** Take care of yourself & your loved ones, all the best, **AMEEN**.

Read Al-Quraan, the Miracle of Miracles and free from contradictions and errors

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