



Food Behavioral Strategies for Controlling and Clinical Treatment of Obesity

Herbert Forman*

Department of Medicine, Lund University, Lund, Sweden

DESCRIPTION

Food behaviors are the patterns and habits that influence how people eat and drink that are influenced by many factors, such as genetics, environment, culture, emotions, and social norms. Food behaviors can have a significant impact on health and well-being, especially in relation to obesity. Obesity is a condition characterized by abnormal or excessive fat accumulation that poses a risk to health. Obesity is associated with a range of comorbidities, such as type 2 diabetes, cardiovascular disease, obstructive sleep apnea, and certain cancers. Obesity can also affect the quality of life and mental health of individuals.

The causes of obesity are complex and multifactorial, involving a combination of genetic, biological, psychological, and sociocultural factors. However, one of the main contributors to obesity is the imbalance between energy intake and expenditure. In other words, obesity occurs when people consume more calories than they burn through physical activity and metabolism. Therefore, one of the key strategies for the control and treatment of obesity is to modify food behaviors to achieve a healthy and sustainable weight loss. This can be done by adopting a combination of nutritional, physical activity, and cognitive behavioral approaches that target the factors that influence food behaviors.

Nutritional approaches aim to improve the quality and quantity of food intake by following a balanced and varied diet that meets the nutritional needs and preferences of individuals. Some of the nutritional recommendations for weight management include:

- Eating more plant-based foods, such as fruits, vegetables, whole grains, nuts, seeds, beans, and soy products
- Choosing lean sources of protein, such as fish, poultry, eggs, and low-fat dairy products
- Limiting the intake of saturated fat, trans fat, added sugar, salt, and processed foods
- Drinking plenty of water and avoiding sugar-sweetened beverages
- Eating smaller portions and avoiding overeating

- Eating slowly and mindfully
- Planning meals ahead and keeping healthy snacks handy

Physical activity approaches aim to increase the energy expenditure and improve the physical fitness and health of individuals by engaging in regular and moderate-to-vigorous exercise. Some of the physical activity recommendations for weight management includes at least 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous-intensity aerobic activity per week, muscle-strengthening activities that involve all major muscle groups at least twice a week. Reducing sedentary behavior and increasing daily physical activity, enjoyable and convenient ways to be active. Setting realistic and specific goals and tracking progress. Seeking social support and encouragement from family and friends.

Cognitive behavioral approaches aim to change the thoughts and feelings that influence food behaviors by using various techniques such as self-monitoring, goal-setting, problem-solving, stimulus control, cognitive restructuring, stress management, relapse prevention, and motivational interviewing. Some of the cognitive behavioral strategies for weight management includes food diary to record what, when, where, how much, and why one eats. Setting SMART (specific, measurable, achievable, relevant, and time-bound) goals for weight loss and behavior change. Identifying and overcoming barriers and challenges that may interfere with weight management. Changing the environmental cues that trigger unhealthy food behaviors (e.g., removing junk food from home or office).

CONCLUSION

Challenging and replacing negative or irrational thoughts about food, weight, or body image with positive or realistic ones. Managing stress and negative emotions which may lead to emotional eat or binge eating. Developing coping skills to deal with cravings or temptations. Rewarding one-self for achieving goals or making progress. Seeking professional help or joining a support group if needed. Food behaviors are an important aspect of obesity prevention and treatment. By modifying food behaviors through a combination of nutritional, physical activity,

Correspondence to: Herbert Forman, Department of Medicine, Lund University, Lund, Sweden, Email: herlu@med.com

Received: 27-Mar-2023, Manuscript No. JNDT-23-21302; **Editor assigned:** 29-Mar-2023, PreQC No. JNDT-23-21302 (PQ); **Reviewed:** 14-Apr-2023, QC No. JNDT-23-21302; **Revised:** 21-Apr-2023, Manuscript No. JNDT-23-21302 (R); **Published:** 28-Apr-2023, DOI: 10.35248/2161-0509.23.13.233.

Citation: Forman H (2023) Food Behavioral Strategies for Controlling and Clinical Treatment of Obesity. J Nutr Disord Ther. 13:233.

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and cognitive behavioral approaches, individuals can achieve a healthy and sustainable weight loss that can improve their health and well-being.