

indian 1500 calorie diet

indian 1500 calorie diet is a popular nutritional plan designed to support weight management, improve overall health, and provide balanced nutrition within a controlled calorie intake. This diet plan is particularly suited for individuals seeking to lose weight or maintain a healthy lifestyle while enjoying the diverse and flavorful foods typical of Indian cuisine. By carefully selecting portion sizes and nutrient-dense ingredients, the indian 1500 calorie diet ensures adequate intake of proteins, carbohydrates, fats, vitamins, and minerals. The diet incorporates traditional Indian meals, snacks, and beverages tailored to fit within the 1500 calorie limit without compromising taste or satisfaction. Understanding how to structure meals, choose the right foods, and balance macronutrients is crucial for the effectiveness of this diet. This article explores the components, benefits, meal plans, and tips for successfully following an indian 1500 calorie diet.

- Understanding the Indian 1500 Calorie Diet
- Benefits of a 1500 Calorie Diet in Indian Context
- Sample Indian 1500 Calorie Diet Plan
- Key Foods to Include in the Diet
- Foods to Avoid or Limit
- Tips for Success on the Indian 1500 Calorie Diet

Understanding the Indian 1500 Calorie Diet

The indian 1500 calorie diet is a structured eating plan that limits daily calorie intake to approximately 1500 calories, tailored to the dietary preferences and traditions of Indian cuisine. This calorie count is often recommended for weight loss or maintenance for moderately active adults. The diet emphasizes portion control and balanced nutrition, focusing on whole foods such as grains, legumes, vegetables, fruits, dairy, and lean proteins.

Calorie Management and Nutritional Balance

Managing calorie intake is essential to achieve a calorie deficit, which is key to weight loss. The indian 1500 calorie diet ensures that despite calorie restriction, all essential nutrients are consumed in adequate amounts. It balances macronutrients—carbohydrates, proteins, and fats—to sustain energy levels and promote satiety. The diet also includes micronutrients like vitamins and minerals derived from diverse Indian foods.

Customization Based on Individual Needs

While 1500 calories serve as a general guideline, the diet can be customized according to age, gender, activity level, and health conditions. Indian dietary habits vary widely across regions, and the diet plan can adapt to vegetarian, vegan, or non-vegetarian preferences, ensuring cultural relevance and sustainability.

Benefits of a 1500 Calorie Diet in Indian Context

Adopting an indian 1500 calorie diet offers several health benefits, especially when rooted in traditional Indian eating habits that emphasize plant-based foods and spices known for their medicinal properties. This diet supports effective weight control while maintaining nutritional adequacy.

Supports Weight Loss and Metabolic Health

Consuming 1500 calories daily creates a moderate calorie deficit for most adults, which can lead to gradual and sustainable weight loss. The indian 1500 calorie diet focuses on low glycemic index foods such as whole grains and legumes, which help regulate blood sugar levels and improve insulin sensitivity.

Promotes Heart Health

By emphasizing healthy fats from sources like nuts, seeds, and oils such as mustard or olive oil, the diet supports cardiovascular health. It limits intake of saturated fats and trans fats commonly found in fried and processed foods, reducing the risk of heart disease.

Enhances Digestive Health

The fiber-rich foods prevalent in Indian diets, such as lentils, vegetables, and whole grains, promote digestive regularity and gut health. Spices such as turmeric, ginger, and cumin have anti-inflammatory and digestive benefits.

Sample Indian 1500 Calorie Diet Plan

A well-planned indian 1500 calorie diet ensures variety, flavor, and nutritional balance. Below is a sample daily meal plan that fits within the 1500 calorie limit while representing common Indian dishes.

Breakfast

Start the day with a nutritious and filling meal that provides energy and fiber.

- 1 medium bowl of vegetable poha (flattened rice cooked with peas, carrots, and spices) - 250 calories
- 1 cup low-fat milk or chai without sugar - 100 calories
- 1 small orange or guava - 60 calories

Mid-Morning Snack

A light snack helps maintain energy and prevent overeating later.

- 10 almonds or 1 small bowl of sprouts chaat (sprouted moong beans with chopped vegetables) - 100 calories

Lunch

Lunch is the largest meal, focusing on balanced portions of carbohydrates, proteins, and vegetables.

- 1 medium bowl of brown rice or 2 small whole wheat rotis - 200 calories
- 1 cup dal (lentil curry) - 150 calories
- 1 cup mixed vegetable sabzi (cooked vegetables) - 100 calories
- 1 small bowl cucumber raita (yogurt with cucumber) - 50 calories

Afternoon Snack

Choose light and protein-rich options to keep metabolism active.

- 1 cup green tea or herbal tea without sugar - 0 calories
- 1 small bowl of roasted chickpeas or murmura (puffed rice) with peanuts - 100 calories

Dinner

Dinner should be wholesome but lighter than lunch to aid digestion before bedtime.

- 2 small whole wheat rotis or 1 small bowl quinoa - 200 calories
- 1 cup paneer tikka or grilled chicken (for non-vegetarians) - 150 calories
- 1 cup sautéed or steamed vegetables - 50 calories

Post-Dinner

Optional light snack if hungry before bed.

- 1 small cup warm turmeric milk with no added sugar - 50 calories

Key Foods to Include in the Diet

Choosing nutrient-dense foods typical to Indian cuisine is essential for the success of the indian 1500 calorie diet. These foods provide essential nutrients while keeping calorie intake controlled.

Whole Grains

Whole grains such as brown rice, whole wheat, millet (ragi, bajra, jowar), and quinoa are preferred over refined grains. They contain more fiber, vitamins, and minerals, which promote fullness and slow carbohydrate absorption.

Legumes and Pulses

Dal, chickpeas, kidney beans, and lentils are excellent sources of plant-based protein, fiber, and micronutrients. These help maintain muscle mass and support digestive health.

Vegetables and Fruits

Fresh vegetables and fruits provide vitamins, antioxidants, and fiber. Leafy

greens, tomatoes, carrots, cucumbers, and seasonal fruits like guava, papaya, and berries are ideal choices.

Dairy and Protein Sources

Low-fat dairy such as yogurt and milk provide calcium and protein. Paneer and eggs are also good protein sources for vegetarians and non-vegetarians, respectively. Lean meats and fish can be included for non-vegetarian diets.

Healthy Fats

Incorporate healthy fats from nuts, seeds, and oils like mustard oil, olive oil, and ghee in moderation. These fats aid nutrient absorption and heart health.

Foods to Avoid or Limit

To maximize the benefits of the indian 1500 calorie diet, certain foods should be limited or avoided due to their high calorie content and low nutritional value.

Refined and Processed Foods

White rice, refined flour (maida), packaged snacks, and instant noodles tend to be calorie-dense and low in fiber, leading to rapid blood sugar spikes and poor satiety.

Sugary Foods and Beverages

Limiting sweets, sugary drinks, and desserts is important to reduce excess calorie intake and avoid metabolic complications.

Fried and High-Fat Foods

Deep-fried snacks like samosas, pakoras, and heavy gravies with cream or excessive oil should be minimized to control calorie intake and maintain heart health.

Excess Salt and Pickles

High sodium intake from pickles and processed foods can lead to water

retention and increased blood pressure, counteracting health goals.

Tips for Success on the Indian 1500 Calorie Diet

Following a 1500 calorie diet requires discipline, planning, and awareness of food choices. Adhering to these tips can enhance the effectiveness of the diet.

Portion Control and Meal Timing

Use measuring tools or visual cues to control portion sizes. Eat regular meals and snacks to prevent overeating and maintain energy levels throughout the day.

Stay Hydrated

Drink adequate water and traditional beverages like buttermilk and herbal teas to stay hydrated and support metabolic processes.

Incorporate Physical Activity

Regular exercise complements the indian 1500 calorie diet by increasing calorie expenditure and improving overall health.

Mindful Eating

Focus on eating slowly and savoring meals to recognize hunger and fullness cues, reducing the tendency to overeat.

Plan and Prepare Meals

Preparing meals in advance helps avoid impulsive eating and ensures adherence to calorie goals.

Frequently Asked Questions

What is an Indian 1500 calorie diet?

An Indian 1500 calorie diet is a meal plan designed to provide approximately

1500 calories per day using traditional Indian foods. It focuses on balanced nutrition with controlled portions to help with weight management or health goals.

What are some common foods included in a 1500 calorie Indian diet?

Common foods in a 1500 calorie Indian diet include whole grains like brown rice and chapati, lentils (dal), vegetables, fruits, low-fat dairy, and lean proteins such as chicken or paneer, along with healthy fats like nuts and seeds.

How can I plan my meals for a 1500 calorie Indian diet?

To plan meals for a 1500 calorie Indian diet, divide your calories across 3 main meals and 1-2 snacks. Focus on portion control, include protein and fiber-rich foods, limit fried and high-sugar items, and use traditional spices for flavor without extra calories.

Is a 1500 calorie diet suitable for everyone in India?

A 1500 calorie diet may not be suitable for everyone as calorie needs vary by age, gender, activity level, and health conditions. It is best to consult a nutritionist or healthcare provider to personalize the diet according to individual needs.

Can a 1500 calorie Indian diet help with weight loss?

Yes, a 1500 calorie Indian diet can promote weight loss if it creates a calorie deficit, meaning you consume fewer calories than you burn. Combined with regular physical activity, it can be an effective approach to lose weight healthily.

What are some healthy Indian snacks under 150 calories?

Healthy Indian snacks under 150 calories include roasted chana (gram), sprouts salad, a small bowl of fruit chaat, a handful of nuts, or a small portion of puffed rice (murmura) with vegetables and spices.

How can I avoid common mistakes while following a 1500 calorie Indian diet?

To avoid common mistakes, ensure portion control, avoid skipping meals, limit intake of fried and sugary foods, stay hydrated, include a variety of food groups for balanced nutrition, and track your calorie intake accurately.

Additional Resources

1. *The 1500-Calorie Indian Diet: A Balanced Approach to Weight Loss*

This book offers a comprehensive guide to crafting a nutritious 1500-calorie diet plan using traditional Indian foods. It focuses on balancing macronutrients while incorporating flavorful spices and regional ingredients. Readers will find meal plans, recipes, and tips to sustain weight loss without compromising on taste.

2. *1500 Calories a Day: Indian Vegetarian Recipes for Healthy Living*

Specializing in vegetarian Indian cuisine, this book provides a variety of low-calorie recipes that fit within a 1500-calorie daily limit. It emphasizes plant-based proteins, whole grains, and fresh vegetables to ensure optimal nutrition. The book also includes portion control advice and meal prepping strategies.

3. *Indian 1500 Calorie Diet Plan for Busy Professionals*

Designed for those with hectic schedules, this book presents quick and easy Indian meals calibrated to a 1500-calorie diet. It includes grab-and-go recipes, snack ideas, and tips for eating out while maintaining calorie goals. The author also discusses mindful eating and managing cravings effectively.

4. *The Ultimate 1500 Calorie Indian Weight Loss Cookbook*

Packed with over 100 recipes, this cookbook is tailored to help readers lose weight by following a 1500-calorie Indian diet. Recipes range from traditional curries to innovative low-calorie snacks and desserts. Nutritional information and cooking tips make it accessible for beginners and experienced cooks alike.

5. *Balanced Nutrition: The Indian 1500 Calorie Diet for Diabetes*

Focusing on managing diabetes through diet, this book presents a 1500-calorie Indian meal plan designed to stabilize blood sugar levels. It features recipes low in simple sugars and rich in fiber, with a strong emphasis on portion control. The book also includes educational content on the impact of different foods on diabetes.

6. *1500 Calorie Indian Keto Diet: Low-Carb Recipes for Weight Management*

This book merges the ketogenic diet with Indian flavors while maintaining a 1500-calorie daily intake. It offers recipes that are low in carbs but high in healthy fats, suitable for those looking to lose weight or improve metabolic health. Readers can expect meal plans, shopping lists, and tips for adapting Indian dishes into keto-friendly options.

7. *Indian 1500 Calorie Diet for Heart Health*

Aimed at improving cardiovascular health, this book outlines a heart-friendly Indian diet restricted to 1500 calories per day. It advocates for the use of healthy oils, whole grains, and antioxidant-rich spices found in Indian cuisine. The book also provides guidance on reducing sodium and unhealthy fats without sacrificing flavor.

8. *Traditional Indian Meals on a 1500 Calorie Budget*

This book showcases how to enjoy classic Indian dishes while adhering to a 1500-calorie diet. It focuses on affordable ingredients and simple cooking methods suitable for everyday meals. Readers will find meal plans that support weight management and overall wellness.

9. *The 1500 Calorie Indian Diet for Women's Wellness*

Tailored specifically for women, this book addresses nutritional needs

through a 1500-calorie Indian diet. It covers topics such as hormonal balance, energy levels, and bone health, with recipes designed to support these areas. The book also includes lifestyle tips for holistic well-being.

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indian 1500 calorie diet: 100-Day Super Diet - 1500 Calorie Susan Chen, Gail Johnson, 2nd Edition - updated and easier to use! This eBook contains an amazing 100 days of delicious, fat-melting meals with 100 daily 1500-Calorie menus, including 100 tasty dinner recipes. The authors have done all the planning and calorie counting - and made sure the meals are nutritionally sound. Most women lose 20 to 30 pounds. Smaller women, older women and less active women might lose a tad less, and larger women, younger women and more active women usually lose more. Most men lose 30 to 40 pounds. Smaller men, older men and inactive men might lose less, and larger men, younger men and more active men often lose more. The 100-Day Super Diet is another easy-to-follow sensible, healthy diet from NoPaperPress you can trust.

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indian 1500 calorie diet: 30-Day Diet for Senior Men - 1500 Calorie Vincent Antonetti, PhD, 2021-04-28 The 30-Day Diet for Senior Men has an amazing 30 days of nutritious, delicious, easy-to-prepare meals and the guidance you need to succeed. Imagine more than 175 planned breakfasts, lunches, dinners and snacks. You'll be surprised not only by what you can eat - but also by how much you can eat. Enjoy pasta, French toast, chicken, seafood, burgers and more. With nutritional know how and good planning, the author has devised daily menus that leave you satisfied and where you should not be hungry. On the 1500-Calorie edition, most senior men lose 14 to 19 pounds. Smaller men, older men (over 65) and less active men might lose somewhat less; whereas larger men, younger seniors and more active men often lose much more. The 30-Day Diet for Senior

Men is another sensible, flexible, easy-to-follow diet from NoPaperPress. And because the 30-Day Diet for Senior men is not a fad and does not rely on gimmicks it will be as valid 10 years from now as it is today.

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indian 1500 calorie diet: 90-Day Vegetarian Diet - 1500 Calorie S. Vjay Gupta, Gail Johnson, 2016-03-05 This NoPaperPress Vegetarian Diet has an amazing 90 days of nutritious, delicious, easy-to-prepare meals and the guidance you need to succeed. This vegetarian diet version is called Prescetarian because it allows fish, eggs and dairy. The diet blends traditional American cooking with Asian vegetarian concepts. On the 1200-Calorie edition, most women lose 18 to 28 pounds. Smaller women, older women and less active women might lose a tad less, and larger women, younger women and more active women often lose much more. Most men lose 28 to 38 pounds. Smaller men, older men and less active men might lose a bit less, and larger men, younger men and more active men frequently lose a great deal more. You'll be surprised not only by what you can eat - but also by how much you can eat. Enjoy pasta, French toast, swordfish, salads and more. With nutritional know how and good planning, the authors have devised daily menus that leave you satisfied and where you should not be hungry. Many health-care professionals think eating a healthy vegetarian diet is one of the best things you can do for your short-term and long-term health. So lose weight the healthy way. Go vegetarian! CONTENTS - Vegetarian Types - Why You Lose Weight - The Best Weight Loss Diets - Why 90-Day Diet? - Expected Weight Loss - Eat Smart - Tossed Salad - About Bread - Substituting Foods - Two Nights - No Cooking - Frozen Dinner Rules - Eating Out Challenges - 90-Day Diet Notes - Keeping It Off 1200-Calorie Meal Plans - Days 1 to 10 - Days 11 to 20 - Days 21 to 30 - Days 31 to 40 - Days 41 to 50 - Days 51 to 60 - Days 61 to 70 - Days 71 to 80 - Days 81 to 90 Recipes & Diet Tips - Day 1 - Crumbly-Tofu Scramble - Day 2 - Baked Herb-Crusted Cod - Day 3a - French-Toasted English Muffin - Day 3b - Polenta-Stuffed Peppers - Day 4 - Easy Penne Pasta - Day 5 - Frozen Vegetarian Dinner - Day 6 - Grandma's Pizza - Day 7 - Vegetarian Dinner Out - Day 8 - Baked Salmon with Salsa - Day 9 - Veggie Burger - Day 10a - Wild Blueberry Pancakes - Day 10b - Lo-Cal Eggplant Parmesan - Day 11 - Mexican Beans and Rice - Day 12 - Fish Dinner Out - Day 13 - Pasta with Marinara Sauce - Day 14a - Smoothie - Day 14b - Frozen Fish Dinner - Day 15 - Spaghetti Squash & Cheese - Day 16 - Baked Red Snapper - Day 17 - Vegetarian Hash - Day 18 - Grilled Swordfish - Day 19 - Pasta-based Dinner-Out - Day 20 - Beans & Greens Salad - Day 21 - Frozen Pasta Dinner - Day 22 - Tomato Risotto Salad - Day 23 - Quick Pasta Puttanesca - Day 24 - Four Beans Plus Salad - Day 25 - Tofu with Veggies & Peanuts - Day 26 - Grilled Scallops & Polenta - Day 27 - Fettuccine in Summer Sauce - Day 28 - Frozen Tofu-based Dinner - Day 29 - Healthy Frittata - Day 30 - Portobello Mushroom Burger - Day 31 - Baked Sea Bass - Day 32 - Fish with Orzo - Day 33 - Frozen Vegetarian Dinner - Day 34 - Pasta Rapini - Day 35 - Vegetarian Dinner Out - Day 36 - Grilled Tilapia - Day 37 - Bulgur & Veggies - Day 38 - Risotto Primavera - Day 39 - Tofu Steak with Veggies - Day 40 - Fish Dinner Out - Day 41 - Pasta e Fagioli - Day 42 - Blueberry Muffins - Day 43 - Baked Haddock - Day 44 - Quinoa with Veggies Salad - Day 45 - Healthy Pasta Salad Day 46 to Day 82 intentionally left blank - Day 83 - Hearty Lentil Stew - Day 84 - Black-eyed Peas over Rice - Day 85 - Tina's Healthy Frittata - Day 86 - Tuna & Bean Salad - Day 87 - Pasta Primavera - Day 88 - Frozen Tofu-based Dinner - Day 89 - Fish Stew - Day 90 - Crab Cakes Appendix A: Vegetarian Background & Nutrition - Vegetarian Benefits - Vegetarian Nutrition . Protein . Iron . Vitamin B12 . Fatty Acids . Calcium . Vitamin D - Tofu Info . Buying Tofu . Preparing Tofu . Leftover Tofu Appendix B: Vegetarian Soup Appendix C: Frozen Food Warning Appendix D: Calories in Foods

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women (over 65) and less active women might lose a tad less, and larger women, younger seniors and more active women often lose much more.

indian 1500 calorie diet: New Indian Home Cooking Madhu Gadia, 2000-08-01 Gadia brings quintessential Indian dishes like specialty breads and tandoori chicken within easy reach of the home cook.--Publishers WeeklyHealthful Indian recipes aplenty...a welcome addition to any kitchen.--India Currents Gadia conveys both a love of her cultural heritage and down-to-earth, easily understood guidelines for healthy eating. A sound resource on Indian cooking from a dietary standpoint. --Booklist New Indian Home Cooking features more than 100 quick and easy-to-prepare recipes--from appetizers to desserts--plus: sample meal plans * time-saving tips * vegetarian meals * nutritional analysis for each recipe * a glossary of cooking terms and ingredients * and more... Recipes include * Samosas and Naan * Subji Biryani (vegetable-rice casserole) * Masoor Dal (lentil soup) * Tandoori Tari (barbecued chicken) * Machhi Kali Mirch (baked fish with black pepper) * Rogan Josh (lamb in yogurt sauce) * Pudina Chutney (mint chutney) * Kheer (rice pudding) * and more

indian 1500 calorie diet: 90-Day Gluten-Free Smart Diet - 1500 Calorie Susan Chen, Gail Johnson, 2014-05-14 The 90-Day Gluten-Free Smart Diet - 1500 Calorie Edition is for: - Adults with celiac disease who want to lose weight. - Adults with a gluten sensitivity or a wheat allergy who want to lose weight, - Adults who want to lose weight and feel better on a healthy gluten-free diet, The 1500-Calorie menus assure that you will lose weight, while going gluten free is a bonus that also makes many people feel better while on the diet. This diet has an amazing 90 days of nutritious, delicious, easy-to-prepare meals and the guidance you need to succeed. Imagine more than 500 planned breakfasts, lunches, dinners and snacks. Enjoy GF pasta, French toast, swordfish, burgers and more. With nutritional know how and good planning, the authors have devised gluten-free daily menus and recipes that leave you satisfied and where you should not be hungry. On the 1500-Calorie edition, most women lose 18 to 28 pounds. Smaller women, older women and less active women might lose a tad less, and larger women, younger women and more active women often lose much more. Most men lose 28 to 38 pounds. Smaller men, older men and less active men might lose a bit less, and larger men, younger men and more active men frequently lose a great deal more. You'll be surprised not only by what you can eat - but also by how much you can eat. The Appendices are packed with useful gluten information: Appendix A - Gluten Notes, Appendix B - Gluten-Free Foods (Soup, Frozen entrees, etc) This is another easy-to follow, effective, healthy, sensible diet from NoPaperPress you can trust.

indian 1500 calorie diet: FNS , 1985

indian 1500 calorie diet: Report of the Wheat Utilization Mission to Japan, India, Indonesia United States. Foreign Agricultural Service, 1961

indian 1500 calorie diet: AKASHVANI All India Radio (AIR), New Delhi , 1977-08-28 Akashvani (English) is a programme journal of ALL INDIA RADIO, it was formerly known as The Indian Listener. It used to serve the listener as a bradshaw of broadcasting ,and give listener the useful information in an interesting manner about programmes, who writes them, take part in them and produce them along with photographs of performing artists. It also contains the information of major changes in the policy and service of the organisation. The Indian Listener (fortnightly programme journal of AIR in English) published by The Indian State Broadcasting Service, Bombay, started on 22 December, 1935 and was the successor to the Indian Radio Times in English, which was published beginning in July 16 of 1927. From 22 August ,1937 onwards, it used to published by All India Radio, New Delhi. From 1950,it was turned into a weekly journal. Later, The Indian listener became Akashvani (English) w.e.f. January 5, 1958. It was made fortnightly journal again w.e.f July 1,1983. NAME OF THE JOURNAL: AKASHVANI LANGUAGE OF THE JOURNAL: English DATE, MONTH & YEAR OF PUBLICATION: 28 AUGUST, 1977 PERIODICITY OF THE JOURNAL: Weekly NUMBER OF PAGES: 64 VOLUME NUMBER: Vol. XLII. No. 35 BROADCAST PROGRAMME SCHEDULE PUBLISHED (PAGE NOS): 17-61 ARTICLE: 1.How to Increase Farm Productivity? 2. Our Nuclear Policy and Prospects 3. The Temper of Democracy 4. Tea In Our History and Economy

5. New Directions in Social Welfare 6. The Unforgettable 7. Count Your Calories 8. Future Sources of Energy 9. St. Thomas--The Apostle And Patron Saint of India AUTHOR: 1. Dr. G. Rangaswamy 2. G. M. Telang 3. Chitra Narain 4. P. C. Baruah 5. Promilla Kalhan 6. Prof. Samar Guha, M.P. 7. T. Santhanagopalan 8. Dr. A. K. Dey 9. P. Thomas KEYWORDS : 1. India, National Income, Food Production, Forest 2. Tarapur Atomic Power Station, India, Pokhran, Dr. Sarabhai 3. Jawaharlal Nehru, Constitution, Preamble, Freedom 4. Tea, Experiments, Cooch-Behar, Calcutta 5. Central Social Welfare Board, Minister for Education, Bangalore, Government 6. National Liberation, I. N. A., Asia, Indian Independence League 7. Calories, Weight, Metabolism, Diet 8. Nuclear Fuel, India, Coal, Himalayan States Document ID : APE-1977 (J-O) Vol-I-09 Prasar Bharati Archives has the copyright in all matters published in this "AKASHVANI" and other AIR journals. For reproduction previous permission is essential.

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indian 1500 calorie diet: Indian Information Series , 1946

indian 1500 calorie diet: Count Your Calories Pooja Malhotra, Few amongst us adhere to the philosophy, "healthy eating is healthy living." And we also forget that too much of anything is bad. This simple and concise book is especially meant for those who are calorie-conscious. It will guide them through their programme of weight management and educate them about the nutritive value of food. Table Of Contents.. 01. Your Caloric Needs 02. Food Sources of Calories 03. Calorie Imbalance 04. Weight Management: Obesity 05. Weight Management: Underweight 06. Counting Calories 07. Tips for Controlling Calorie Intake 08. Nutrition- Myths and Facts

indian 1500 calorie diet: Weigh Yourself Slim M Holmes, 2015-07-10 Are you truly fed up with being overweight and struggling with fad, yo-yo diets? Are you ready to lose weight forever and invest more than ten days into a diet? If you answered yes to these questions, then this book is for you. Weigh Yourself Slim is a new and unique method that will not only help you lose weight, but will turn you into a slim person, physically and mentally; does not endorse strange diet or exercise programmes; is unique to you; provides no dietary restrictions; and is natural and healthy. In contrast to most current diets, this method doesn't make silly promises about unrealistic, quick weight loss, but it does promise long-term results with no danger to your health. It goes down to the root of the problem of obesity, which is that people have lost their natural ability to balance their diet. With a little help of weighing scales, this book provides a dynamic program on how you can reintroduce that ability and begin your personal journey to your ideal weight. Equally as important, this system will enable you to maintain that ideal weight for the rest of your life.

indian 1500 calorie diet: The Food Swap Diet Peta Bee, 2013-01-03 No more faddy, restrictive diets - The Food Swap Diet is a practical manual for weight loss that provides all the information you need to lose weight permanently. The book compares seemingly similar foods and shows which are friendlier to the waistline, and to your health, allowing you to make the wisest food choices and reduce your daily calorie intake. There's no going hungry, no banned foods and no skipping meals. You'll find hundreds of food swaps that slice anything from 10 to 900 calories per serving so you can choose what to swap to achieve your goal. Comprehensive and informative, the book covers everything from storecupboard and fridge staples, such as breakfast cereals and dairy products, to lunches, ready-meals, drinks, snacks and eating out. You'll also find plenty of guidance on the healthiest choices - they aren't always the ones you think! - and how to make your diet really work for you so that you also gain health as you lose weight.

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