

An illustration of a woman with long, wavy brown hair, wearing a light purple halter top and blue jeans. She is shown from the waist up, looking over her right shoulder towards the left. The background is a gradient of blue, purple, and green.

# wegowithyou

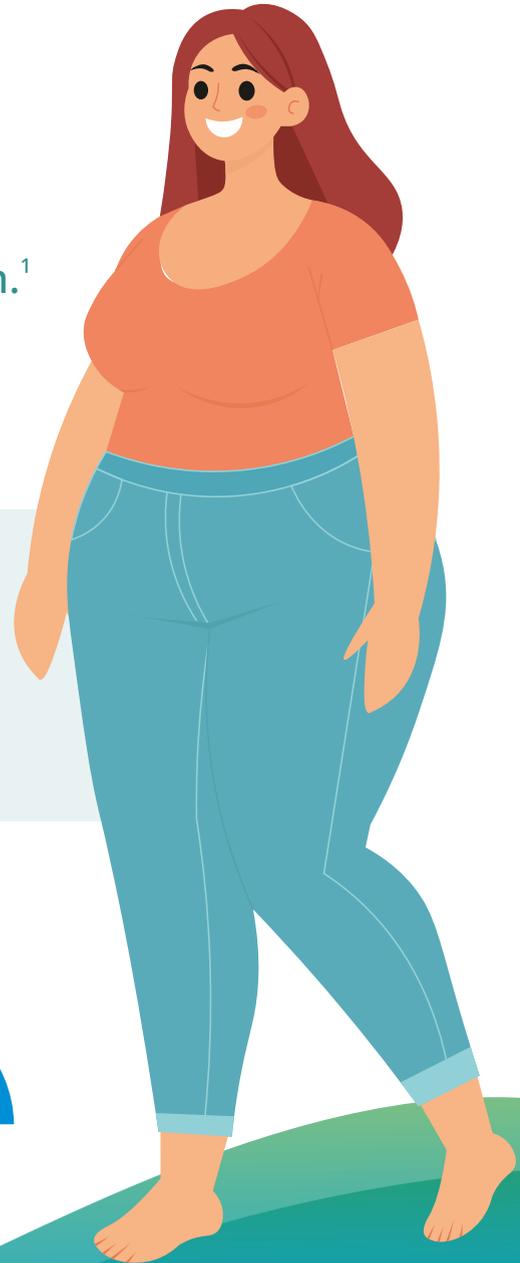
OBESITY EDUCATION BOOKLET

Obesity is a disease where excess or abnormal fat tissue (adiposity) affects health.<sup>1</sup>

Obesity is a real medical condition and there are now real treatment options.<sup>1</sup>



Our brain plays a central role in regulating our appetite and overall energy balance. Each of us inherits a unique appetite system or “drive to eat” that evolved to protect us from losing weight when food was scarce.



When we lose weight:



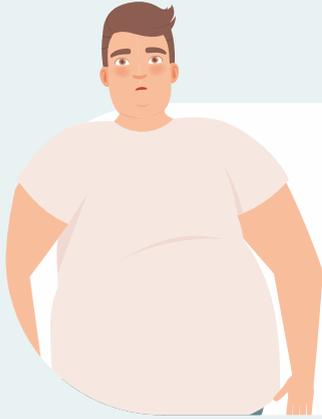
Hunger <sub>w</sub>



Fullness <sub>w</sub>



Metabolism <sub>w</sub>



The potential causes for obesity will vary from person to person.



- There are **many genes** that play a role in body size and appetite.
- The **balance of hormones** in your body can affect your appetite, food choices and how much energy you use.
- **Stress** increases hunger in many people.
- How much and how well you **sleep** impacts your appetite.
- **Some medicines** can increase your appetite or affect your metabolism.
- Your **ability to access food** can be different depending on where you live.



Scan the QR code to learn more about the multiple factors affecting our weight.

# Obesity is caused, in part, by a “mismatch” between our evolution (biology), genetics and the world we live in today.<sup>1</sup>

Your genes determine your appetite system and metabolism.



The modern food environment significantly contributes to why obesity is so common today.

## IN PREHISTORIC TIMES...

Food was scarce! As hunter-gatherers, our ancestors' brains “learned” to hold on to every calorie.



## IN TODAY'S SOCIETY...

Food is more convenient than ever before, but our brains continue to hold on to every calorie.



WHERE WE CAME FROM



WHERE WE ARE TODAY



There are real biological obstacles that prevent people with obesity from losing weight.<sup>1</sup>

# Obesity

## A Disease of the Brain

The understanding of obesity has changed over time.

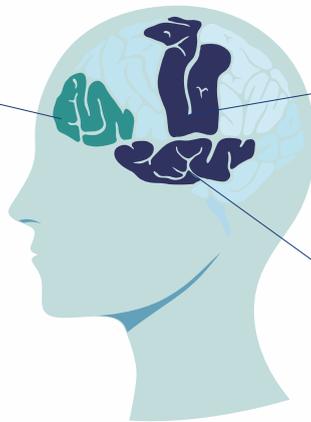
We are now learning why many people gain weight and how the brain plays an important role in our **appetite system** and overall weight management.<sup>1</sup>

### Three parts of the brain regulate when and how much we eat:<sup>2,3</sup>

#### SOMEWHAT IN OUR CONTROL

##### DECISION-MAKING CENTRE

- Translates thoughts into actions
- Determines when, how much and what to eat



#### NOT IN OUR CONTROL

##### THERMOSTAT CENTRE

- Regulates your overall energy balance
- Sends and receives messages from your body
- Controls how hungry and full you are

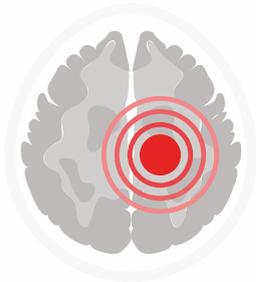
##### REWARD CENTRE

- Controls how much you like, want, crave for food, and the pleasure you get from eating



We cannot control whether we feel hungry or full because our appetite system is often **outside of our control**.<sup>2,3</sup>

We all inherit a unique appetite system, and the degree of how much we want certain foods **varies from person to person.**



Studies have found that people living with obesity have a heightened reward system when shown images of food.

- There is a much stronger drive or wanting for food
- Participants were more sensitive to being hungry

**We cannot control our appetite system, but treatment is available and effective.**

Obesity treatment options available today support different parts of the appetite system

<b>THERMOSTAT CENTR</b>	Medications and bariatric surgery can access these two areas of the brain: <ul style="list-style-type: none"><li>• Make the thermostat centre less sensitive, and less hungry</li><li>• Dampen the drive to eat in the reward centre</li></ul>
<b>REWARD CENTRE</b>	
<b>DECISION-MAKING CENTR</b>	Behavioural therapy can help you build skills to support this area.



Scan the QR code to learn more  
What are the causes of obesity.

# Finding Your

# Best Diet

Research has shown that there is no “best” diet when it comes to long-term weight loss.<sup>4</sup>

**Losing weight by going on overly restrictive diets does not work long term.**



For people who have lost weight and kept it off, they found a way of eating the least amount of calories that they can maintain while taking into consideration the social and cultural aspect that food plays in their life.



To help you find the least number of calories that works with your lifestyle, start by tracking what and how much you are eating. A food diary or app can help you become more aware of your calorie intake.<sup>5</sup>

## UNDERSTAND YOUR EATING PATTERNS

Measuring or weighing your food can help you be more aware of your portions

## IDENTIFY CHALLENGES

Identify your high-risk time(s) of day:

- The times you're more likely to eat or drink larger amounts
- The times when you find yourself eating when you are not hungry

## TAKE NOTES

Pay close attention to the calorie content of various foods

**Managing your weight is a lifelong journey, so finding a way of eating that you can stick with is important.**

Healthy eating is **important for everyone**, regardless of body size, weight, or health status.



Healthy eating **fuels our body**. Whole, unprocessed foods provide the most nutrients & are generally lower in calories.

	WHOLE FOODS/UNPROCESSED	PROCESSED/MINIMALLY	PROCESSED ULTRA-PROCESSED
EXAMPLES	Vegetables, grains, fruits, nuts, fish, meats, eggs and milk.	Bread, cheese, tofu, and canned vegetables, fruits, meat, or beans.	Soft drinks, chips, ice cream, chicken nuggets, hotdogs, and fries.



Studies have shown that when presented with ultra-processed foods, people tend to eat more calories. Whole foods can help reduce your overall calorie intake.<sup>6</sup>

Find a way of eating that **works for you**, while focusing on whole foods and limiting ultra-processed foods as much as possible.



**Healthy eating is important for everyone, regardless of body size, weight, or health status.**

# Diet plan

## Set the Calorie Intake<sup>7</sup>

Daily-recommended caloric intake:

**2400-2800**

kcal/day



**Men**

**2100-2200**

kcal/day



**Women**

## Choose a Balanced Diet<sup>8</sup>

### A Balanced Diet Provides



Carbohydrates

**50%-60%**

calorie

Protein

**10%-15%**

calorie

Fats

**20%-30%**

calorie



# Follow **healthy** eating plan<sup>9</sup>



Emphasizes vegetables, fruits, whole grains, and fat-free or low-fat dairy products.



Includes lean meats, poultry, fish, beans, eggs, and nuts.



Limits saturated and trans-fats, sodium, and added sugars



Controls portion size

# Portion Your Meal<sup>10</sup>



## Diet Recommendations

**Breakfast**  
(570 Kcal)  
8–10 am



Soaked & boiled whole grains- 90 g;  
Boiled red/black beans, lobia/chickpea- 35 g;  
Green leafy vegetables - 50 g;  
Vegetables- 50 g;  
Nuts- 20 g

**Lunch**  
(900 Kcal)  
1–2 pm



Cereals (preferably whole grain)- 100 g; Pulses- 30 g or meat; Vegetables- 150 g; Green leafy vegetables- 50 g  
Nuts/oil seeds- add 20g in curries; with cooking oil (15 g) for flavor; Curd- 150 ml/Paneer equivalent to 150 ml; Fruits-end your meal with 50 fruits

**Evening beverage**  
(35 Kcal)  
5 pm



Milk- 50 ml

**Dinner**  
(590 Kcal)  
7–8 pm



Cereals- 80 g;  
Pulses- 25 g;  
Vegetables- 100 g;  
Oil- 10 g;  
Curd- 100 ml;  
Fruits-end your meal with 50 g fruits

# Let's Talk Physical Activity

Physical activity is any kind of activity that moves our body and uses energy. Examples include cleaning the house, walking the dog, skiing, and cycling.



Regular physical activity is perhaps the greatest health behaviour available. Benefits include:<sup>1,11</sup>



Disease risk reduction



Stress reduction



Improvements in mood



Maintaining your weight



Exercise alone has generally not been found to result in significant weight loss.<sup>1</sup>

While there's no "right type" of activity/exercise for everyone, guidelines recommend 30–60 minutes of moderate to vigorous physical activity most days of the week. Start with an amount of an activity that works for you and increase when you are ready.<sup>12</sup>



Brisk walking can be very beneficial for overall health.<sup>2</sup> If walking isn't right for you, then don't be afraid to try something new! The most important thing to remember is to find activities that you enjoy and can do long into the future.



#### Take breaks from being still

Add motion into your day! Stand more and move throughout the day.



#### Schedule it

Being realistic about when you can exercise helps set you up for success.



#### All movement counts

Do whatever activity you enjoy! Even 5 to 10 minutes can add up!

**Remember, physical activity and exercise are important for everyone's health and happiness but may not be the answer to weight loss. It can help you maintain your weight.**



# Make **exercise** part of your routine<sup>13</sup>

- Physical activity help with weight loss, preserves muscle mass, and boosts overall health.
- It works best alongside dietary changes to maintain a negative energy balance.



Aim for at least  
**60 minutes of daily**  
physical activity



Combine aerobic and  
resistance exercises  
for **better results**



**Tailor exercise**  
routines to  
individual needs



incorporate  
**light-intensity**  
movements



Conduct  
pre-exercise  
**health checks**

# Discovering Your Best Weight

Everyone's weight loss journey is unique. Your weight is a combination of your unique appetite system and the environment.<sup>1</sup>



Our genes determine our unique appetite system.<sup>1</sup>

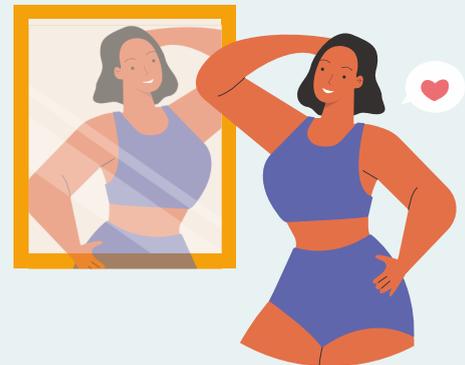


Our brain responds to weight loss as a "threat" and works to make you more hungry and less full.



Everyone responds differently to obesity treatment.<sup>1</sup>

- Setting a goal weight isn't recommended
- As we get older, we naturally gain some weight, so it's not realistic to target the weight you were as a teenager or young adult
- It's normal to hit a plateau and stop losing weight
- You may stay at this plateau or gain some weight back as your body adjusts to its new weight
- No one can predict how much weight you will lose



Work towards a  
**happy, healthy you**



**Success doesn't  
have to be about  
a number on  
the scale**



**You know you're at your "Best Weight" when you feel  
your best physically, emotionally, and mentally.**

# Obesity Treatment

# Options

Healthy eating and physical activity are important for everyone's health. Treatment for obesity may include behavioural therapy, medications, and/or bariatric surgery.<sup>1</sup>

HEALTHY EATING &  
PHYSICAL ACTIVITY<sup>1</sup>

BEHAVIOURAL  
THERAPY

MEDICATIONS

SURGERY

## BEHAVIOURAL THERAPY<sup>5</sup>

Here are some ways that can help in changing our behaviour:



### FIGURE OUT WHAT IS YOUR "WHY"

What is "worth it" to you can be a guiding compass. Here's an example: "I want to be working in the direction where my weight doesn't prevent me from playing with my grandkids."



### LEARN MORE ABOUT YOUR DAILY HABITS

Finding the times of the day when you are more likely to eat or drink extra calories or crave food is a great place to get started. Write down these patterns, including the "where" and "what you were doing."



### SETBACKS ARE PART OF THE JOURNEY

Setbacks will happen; what determines our success is how we learn from them and move forward. Weight is regulated by our genetics, brain, biology, and environment. Try to focus on why you are on this journey.

## MEDICATIONS<sup>14</sup>

Living with obesity can be challenging at times. You are not solely responsible for your weight loss journey. In reality, like other medical conditions, people may require medications. Talk to your physician for more information.



## SURGERY<sup>15</sup>

If bariatric surgery is an option for you, your healthcare provider will send you to a bariatric centre where you will get the proper support before, during and after your surgery.



Effective treatments are available –  
**talk to your healthcare provider**  
about what's right for you.

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