



Conference Abstract

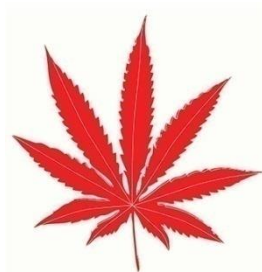
<http://dx.doi.org/10.21065/2520-59864.7>

9th Pak Pharma Healthcare Expo

1ST Pakistan Food –Nutrition International Summit 2019

Monday –Thursday, July 10-11, 2019

Pak-China Friendship Centre, Garden Avenue, Islamabad, Pakistan.



Conference Abstract

PSYCHOLOGY OF DIETING

Saroosh Fatima

Department of Diet and Nutritional Sciences, University of Lahore, Islamabad Campus, Islamabad

Corresponding author:

Saroosh Fatima. Department of Diet and Nutritional Sciences, University of Lahore, Islamabad Campus, Islamabad.

E: hassansyed033@gmail.com

Citation:

Saroosh F. Psychology of Dieting. Adv. Humanit. Soc. Sci. Vol.4.2019.7-8.

Funding:

The authors received no direct funding for this research.

Competing Interests:

The authors declare no competing interests

Additional information is available at the end of the article.

Ethics approval and consent to participate: No ethical approval needed for this research work.

Consent for publication: Author is agreed to submit this abstract for publication in this research journal.

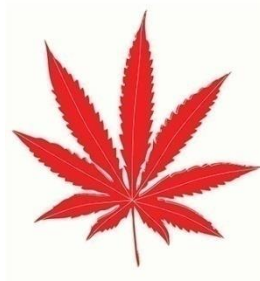
Availability of data and materials: The information and data collected and/ or incorporated in this study is included in this manuscript.

Keywords: Weight gain, Diet, Conscious, Meals, Nutrition.

ABSTRACT

Dieting is not an easy task especially for people who love to eat and try out different types of meal everyday. It is very general human behavior that we don't like the idea of restrictions. Now even if maintaining a healthy diet is not particularly liked by everyone. For some people it is something they must adopt in their daily life. Psychology plays a vital role in making it beneficial and easier. If a person thinks that restraining from eating a whole lot of meals everyday and being super conscious and aware of what is going in our stomach is a very different task. It will be no surprise that he or she will find it difficult to achieve a healthy diet. Similarly, if you are extra sensitive and over conscious about your diet it means you are panicking about your weight gain as a result you might end up eating more than usual. Many people have a habit of stress eating. Other times people stop eating at all because their weight psychologically disturbs them to a great extent. Since psychology is so important in weight change journey it should be observed that a person is psychologically focused and attentive while eating their meals. Munching on random snacks while watching a movie or

whole talking to someone is a big no. A balance between over conscious and not being conscious at all should be maintained. In a nutshell, psychologically strong people or the people who don't worry a lot about weight changes tend to lose or gain more weight depending on their desires.



© 2019 The Author(s). This open access article is distributed under a Creative Commons Attribution (CC-BY) 4.0 license.

You are free to:

Share — copy and redistribute the material in any medium or format

Adapt — remix, transform, and build upon the material for any purpose, even commercially.

The licensor cannot revoke these freedoms as long as you follow the license terms.

Under the following terms:

Attribution — You must give appropriate credit, provide a link to the license, and indicate if changes were made.

You may do so in any reasonable manner, but not in any way that suggests the licensor endorses you or your use.

No additional restrictions

You may not apply legal terms or technological measures that legally restrict others from doing anything the license permits

The abstract appearing is approved to present in 9th Pak Pharma Healthcare Expo | 1ST Pakistan Food –Nutrition International Summit 2019, July 10-11, 2019 at Pak-China Friendship Centre, Islamabad, Pakistan. The submissions were selected and processed by the Organizing Committee to be presented in oral or poster session, and were subject to review by the Program Committee.