

# RELA NEWS

## ASK. LISTEN. CARE.

#StraightFromTheExpert



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**Q I have a midnight craving. Will it lead to obesity and how can one tackle it?**

As we see these days, the current generation always prefers to munch on something unhealthy while watching TV. Eating at night, especially in excess, can lead to weight gain and obesity over time. This is because our bodies digest food slower in the evening, and consuming more calories than we need can promote a sedentary lifestyle. Sticking to a daily calorie intake based on weight and avoiding consuming excessive calories at night to maintain a healthy weight is recommended.

**Q I am diabetic. Can I reduce my diabetes in a month?**

Diabetes is not a disease, it's only a disorder. It can easily be controlled by a lot of dietary and lifestyle modifications. If that is insufficient, we can go for medications. The best way to control diabetes is through physical activities and lifestyle

modifications. Those with a fasting sugar of more than 126 and a reading of 200 after 2 hours of taking food are diabetic. So if these diabetic people start doing physical activities, dietary and lifestyle modifications, and if required, take medicines, their diabetes can be easily controlled.

**Q Does extra virgin olive oil really add to my overall well-being?**

While it is true that extra virgin olive oil does not contain any cholesterol and can be a healthier option compared to oils with high levels of saturated fat, it is important to note that all oils are high in calories and should be consumed in moderation as part of a healthy diet. Consuming too much oil, even olive oil, can lead to weight gain and other health issues. The recommended daily intake of olive oil varies based on a person's age, gender, and level of physical

activity. Generally, it is recommended to consume 2-3 tablespoons of olive oil per day as part of a healthy diet.

**Q I love eating chicken daily, will this in any way impact my health?**

While chicken is indeed a good source of protein, it's important to note that a healthy, balanced diet includes a variety of foods to ensure that you are getting all of the essential nutrients your body needs. Carbohydrates and fats, in moderation, are also important for providing energy and supporting overall health. Chicken is a great source of protein, especially chicken without skin. But while consuming broiler chicken, it's important to purchase poultry from reputable sources and to handle and cook it properly to minimize the risk of foodborne illness.

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