

## **Dietary Approaches in Managing Obesity**

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The recent surge in rates of obesity is driven by eating behaviors and food choices that promote excessive energy intake. Reducing caloric intake below expenditure results in a predictable initial rate of weight loss that is related to the energy deficit. Although several

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dietary approaches such as the ketogenic or keto diet, Intermittent fasting and calorie-restricted diets have gained some momentum over the past years, all these methods are quite impracticable in the Sri Lankan context due to consumption of mixed dishes and the recipes being varied. The concept "Plate model" is one of the practical methods introduced by Dr Ranil Jayawardena to reduce the average portion size of staple food in main meals, which also could ensure the sufficient intake of vegetables and protein foods simultaneously. This concept has changed many lives and it's a cost-effective approach for healthy sustainable weight loss specially for Sri Lankans.