SUCCESSFUL DASH DIET

An Easy Step by Step Guide to Lose Overweight & Regain Health



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The major consequences of obesity are

Heart disease and stroke.

Insulin resistance and type 2 diabetes.

Metabolic syndrome.

Cancer.

Joints.

Reproductive and hormonal problems. Infertility.

The effect on pregnancy.

The effect on the lungs.

The effect on the liver.

Gallstones.

Sleep disorders.

Sleep Apnea.

Emotional and social problems. Depression.

Indicators of obesity in adults

Body mass index (BMI) The calculation of body mass index. Waist Circumference Waist to hip ratio.