Choice Of Food In Relation To The Blood Group

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Abstract: Food choices depend on a wide spectrum of factors, which affect human behaviour in different ways, resulting alternatively in the choice of some specific products and in the rejection of others. Generally speaking, food choice is a complex human behaviour and consequently is influenced by many interrelating factors ranging from the biological mechanism and genetic profiles to social and cultural factors. The sample subjects include 66 post-graduate students were drawn randomly from the population of 660 students pursuing their studies in Central University of Kashmir. Out of 66 sample subject 33 were male and 33 were female. A self constructed Questionnaire was used to collect the data on choice of food in relation to blood group. The findings inferred that majority of the subjects of blood group A were having Rh+ve with an average Hb value of 10.57mg followed by the respondents of blood group 'B & O' with Hb value10.45mg & 9.0mg respectively. It was also revealed that the rice is the most preferred cereal of the respondents of blood group A followed by rajma daal as the main source of protein.

Key Words: Choice of food, Blood group, Nutritious food and Hb Value

Introduction

The study of food choice is mostly dealing with one question: "why do people eat the foods they eat?" Food plays an important part in all our lives in a variety of ways. The choices people make among foods determine which nutrients enter the body. However, in modern societies, food is more than mere sustenance. What people choose to eat is not solely based on their biological needs, their choice & many psychological and/or emotional issues (Conner & Armitage, 2002).

There are chemical components and physical properties of the food which are likely to have an impact on choice, via sensory perception. However, perceiving a sensory attribute in a food does not necessarily mean that a person will choose to consume that food. It is the person's liking for that specific attribute in that food which influences choice. Psychological differences between people and gender differences in food choice and dietary Intake in modern western societies such as personality may also influence food choice. In addition to factors associated with the person and the food, there are also other many factors in the context within which the choice is made that can be important in determining food choice. These include marketing and economic variables as well as social, cultural, religious or demographic variable. Food choices are made by individuals from alternatives available in a certain use situation.

Studies by Prescoot et, al. (2002) suggest that food choice is a means by which one expresses one's own philosophy of life. In addition, the current emphasis on dieting and slimness in Western cultures promotes norms describing "what and when" one should eat, as well as what one should look like. Taken together, these considerations suggest that what one eats has important implications for social judgments. In addition, social changes such as the increased participation of women in the workforce lead to reduced time available for food selection and meal preparation, which further complicates food choice. Contemporary consumers have fears and conflicts involving food and health and social norms about foods and meal composition, that guided previous generations, appear to be eroding, leaving people with a lack of structure related to food and eating behaviour Arganini et, al. (2012). The macro-nutrients i.e. carbohydrates, proteins and fats generate satiety signals of varying strength. The balance of evidence suggests that fat has the lowest satiating power, carbohydrates have an intermediate effect and protein has been found to be the most satiating Stubbs et, al. (2001).

There is no doubt that the cost of food is a primary determinant of food choice. Whether the cost is prohibitive depends fundamentally on a person's income and socio-economic status. Low-income groups have a greater tendency to consume unbalanced diets and in particular, have low intakes of fruit and vegetables De Irala-Estevez et al. (2000). However, access to more money does not automatically equate to a better quality diet but the range of foods from which one can choose should increase. Accessibility to shops is another important

physical factor influencing food choice, which is dependent on resources such as transport and geographical location. Healthy food tends to be more expensive when available within towns and cities compared to supermarkets on the outskirts Donkin et al. (2000). However, improving access alone does not increase the purchase of additional fruit and vegetables, which are still regarded as prohibitively expensive Dibsdall et al. (2003).

Humans need energy and nutrients in order to survive and will respond to the feelings of hunger and safety. In general, humans chose their food from a wide range may be it of plant or animal origin. Physiological needs provide basic determinants of food choice. Food choices depend on a wide spectrum of factors, which affect human behaviour in different ways, resulting alternatively in the choice of some specific products and in the rejection of others. Generally speaking, food choice is a complex human behaviour and consequently is influenced by many interrelating factors ranging from the biological mechanism and genetic profiles to social and cultural factors. Many studies have explored selected aspects of food choices from an ample variety of disciplines and perspectives. Recent notions generally split the factors influencing food choice into those related to the food, to the person making the choice and to the external economic and social context in which the choice is made.

Psychological stress is a common feature of modern life and can modify behaviours that affect health, such as physical activity, smoking or food choice. The influence of stress on food choice is complex not least because of the various types of stress one can experience. The effect of stress on food intake depends on the individual, the stressor and the circumstances. In general, some people eat more and some eat less than normal when experiencing stress Oliver & Wardle (1999). Dieters, people with high restraint and some women report feeling guilty because of not eating what they think they should Dewberry & Ussher (1994). Moreover, attempts to restrict intake of certain foods can increase the desire for these particular foods leading to what are described as food cravings.

While reviewing the available literature in the field of food and its choices it has been found that a good number of studies have been conducted on choice of food in relation to gender and age, rural urban areas and food pattern in relation to different psychological factors like personality and temperament. However, no study has been conducted on choice of food in relation to blood group particularly in the state of Jammu & Kashmir. It is against this background that the investigator got

interested to examine the relationship between choices of food in relation to the blood group.

Statement Of The Problem
The problem for the present study is stated as under:
"Choice of Food in Relation to the Blood Group"
Objectives Of The Study
The following objectives were formulated for the study:

1. To classify the subjects on Hb value and Rh factor in relation to the blood groups.
2. To classify the subjects on average age, weight and height with respect to the blood groups.
3. To compare the subjects of different blood groups on their choice of food.

Methodology & Design
I.　　Sample
The sample of the study consisted of 66 post graduate students drawn randomly from the population of 660 students pursuing their studies in Central University of Kashmir. Out of 66 sample subject 33 were male and 33 were female. The sample subjects were in the age group of 20-25 years. The breakup of the sample is as under (Table 1):

Table 1. Blood groups

Blood groups	N
A	21
B	26
AB	08
O	11
Total	66

II.　　Tool used:
A self constructed tool was used to collect the data on choice of food in relation to blood groups comprising of two parts. The first part of the Questionnaire included some demographic information like name, age, height, sex and weight, blood group with Rh. factor, type of family and place of residence. The second part of the Questionnaire consisted of seven dimensions namely *Food Intake*, *Most Liked Food, Most Disliked Foods, Awareness regarding Balanced Diet*, *Nutrition Value of Food*, *Food Allergies* and *Specific Digestive Problems*.

Statistical Analysis
The data collected was subjected to statistical analysis by using percentage statistics.
Analysis and Interpretation of Data
The analysis and interpretation of the data was undertaken systematically and methodically. The results were tabulated as under:

1.   Blood Groups and Hb value

A quick look of the above table shows the distribution of rural and urban respondents on Rh factor and HB value among their respective blood groups**.** In case of the total population of blood group A which includes 20 rural and 1 urban respondents, 90.47% possess RH +ve, 9.53% Rh-ve and an average Hb value was found to be 10.57mmg respectively. In case of the total population of blood group B which includes 19 rural and 7 urban respondents, 88.47%

possess Rh +ve, 11.53% Rh-ve and an average Hb value was found to be 10.45mmg respectively. In case of the total population of blood group AB which includes 6 rural and 2 urban respondents, 100% possess Rh +ve, an average Hb value was found to be 10.91mmg. In case of the total population of blood group O which includes 10 rural and 1 urban respondents, 63.63% possess Rh +ve, and 36.37% possess Rh-ve and an average Hb value was found to be 9.00mmg respectively (Table 2).

Table 2. Showing Average Distribution of Sample Subjects on Hb value.

Group	RH +ve	RH –ve	Hb value
A	90.47	9.53	10.57
B	88.47	11.53	10.45
AB	100	Nil	10.91
O	63.63	36.37	9.0

2.   Blood groups and average Age, Height and Height

A quick look of the above table shows the average age, average weight and average height of different categories of blood groups with respect to male and female dichotomy. In case of the total population of blood group A which includes 7 male and 14 female respondents, the average age is 22.6 years, average weight 56.5 kg and average height is 5.45 feet respectively. In case of the total population of blood group B which includes 14 males and 12 female respondents, the average age is 23.46 years,

average weight 56.8 kg and average height is 5.56 feet respectively. In case of the total population of blood group AB which includes 5 males and 3 female respondents, the average age is 23.25 years, average weight 58.5 kg and average height is 5.53 feet respectively. In case of the total population of blood group O which includes 7 males and 4 female respondents, the average age is 22.54 years, average weight 59.8 kg and average height is 5.64 feet respectively. From the above interpretation it has been found that the respondents of blood group O possess more weight and height respectively (Table 3).

Table 3. Showing distribution of male and female respondents on Average Age, Weight and Height.

Group	Number	M/F	Avg. Age	Avg. Wt.	Avg. height
A	21	M= 7, F= 14	22.6	56.5	5.45
B	26	M= 14, F= 12	23.46	56.8	5.56
AB	8	M= 5, F= 3	23.25	58.5	5.53
O	11	M= 7, F= 4	22.54	59.8	5.64

Discussion of the results

The discussion of the results has been arranged as under:

A. Distribution of respondents on 'Rh' factor and 'Hb' value among their respective blood groups.

While analyzing overall percentage of respondents on Rh factor and Hb value among their respective blood group, results reveals that 90.47% of blood group 'A' were found to have Rh+ve and 9.53% Rh -ve with an average Hb value of 10.57mmHg where as 88.47% 0f blood group 'B' were found to have Rh+ve and 11.53% Rh-ve with an average Hb

value of 10.45mmHg respectively. The analysis further reveals that 100% of the blood group AB were found to have cent% Rh +ve with an average Hb value of 10.91mmHg whereas 63.63% of blood group O were found to have Rh +ive and 36.37% Rh –ive with an average Hb value of 9.00 mmHg respectively.

From the above description it is clearly evident that the respondents of blood group O possess least amount of hemoglobin whereas the respondents of blood group A & B almost possess same level of Hb value.

(C). Distribution of respondents on average Age, Weight and Height with respect to type of Blood group.

While analyzing the distribution of male and female respondents on average age, weight and height with respect to type of blood group. The results reveal that respondents of blood group possess average age of 22.6 years, average weight of 56.5 kg and average height of 5.45 feet respectively. Where as the respondents of blood group B possess average age of 23.46 years, average weight of 56.8 kg and average height of 5.56 feet respectively. The results further reveals that the respondents of blood group AB possess average age of 23.25 years, average weight of 58.5 kgs. and average height of 5.53 feet respectively where as among the respondents of blood group O possess average age of 22.54 years, average weight of 59.8 kgs and average height of 5.64 feet respectively.

From the above interpretations it is clearly found that the respondents of blood group O possess more weight and height respectively.

(D) Comparison of different blood groups on their choice of food:

The discussion of the results has been systematically arranged and is presented in the following headings**:**

I. A & B Blood group

While analyzing the comparison between blood group in their choice of food with respect to cereals, pulses vegetables, spices meat and junk food, the results reveal that majority of the respondents with blood group A (+ive and -ive). 85.71% prefer rice followed by wheats of 9.52% whereas the respondents with blood group B (+ive and-ive). 80.70% of the respondents prefer rice followed by wheat of 11.53% respectively. With respect to pulses the respondents of two blood groups strongly differ in which the A (+ive and -ive) groups 76.16% likes rajma daal followed by 15.38% of mong dal whereas the respondents with blood group B (+ive and –ive) 84.61% likes rajma daal and 15.38% likes mong daal respectively. On further analysis of vegetables between the two groups among A (+ive and -ive)38.09% likes green leafy vegetables followed by 33% of tomatoes whereas among B (+ive and -ive) 50% prefer green leafy vegetables followed by 34.6% of tomatoes respectively.

While analyzing the comparison between the two groups on spices, fruits and meat among A (+ive and -ive) 52.38% likes chilly,57.14% dry fruits and 57.14% likes chicken followed by 19.04% ginger and garlic,42.85% fresh fruits and 33.35% likes mutton whereas among B (+ive and -ive)76.92% likes chilly,57.69% likes chiken followed by 7.69% sanuf/ginger, 42.30% dry fruits and 15.38% likes meat respectively.

While analyzing the comparison between the two groups on beverages and junk food among A (+ive and -ive) respondents 42.85% likes milk and 28.57% prefer coffee while as average B (+ive and -ive) respondents 53.84% likes tea and 30.76% likes milk as beverages. With respect to their choice of junk food among A (+ive and -ive) 42.85% prefer burger and 33.33% prefer juices whereas among B (+ive and -ive) 38.46% prefer burger and juices each followed by packed food of 23.08% respectively.

2. A & O Blood group

While analyzing the comparison between A & O blood group in their choice of food. The results reveal that among A (+ve and –ve) 85.71% likes rice,76.10% likes rajma daal and 38.09% likes green leafy vegetables whereas among the respondents of O (+ve and –ve) 72.72% likes rice,54.54 likes rajma daal and 54.54% likes green leafy vegetables respectively. With respect to their choices of spices, fruits and meat among the respondents of A (+ive and –ive) group 52.38% likes chilly,57.15% likes dry fruits and 57.14% likes chicken where as among the respondents of O (+ive and -ive) 63.63% likes chilly,63.63 likes dry fruits and 45.45% likes chicken respectively.

The results further reveal that the two groups also differs with the choice of beverages and junk food. Among A (+ive and –ive) group 42.85% likes milk as beverage and 42.85% also likes burger as junk food whereas among O (+ive and –ive) group 36.36% likes milk and tea as beverages and 63.63% prefers burger as junk food respectively.

The results clearly reflect that rice is the most preferred cereal among both the group of A (+ive & -ive) by maize and O (+ive & -ive) respondents. A major difference was found among the two groups with reference to choice of pulses in which the A (+ive & -ive) mostly prefers rajmadal than mong daal whereas among O (+ive & -ive) majority of them also prefers rajmahdaal followed by mong daal.

In case of preferences of vegetables the respondents of blood group A (+ive & -ive) mostly prefers green tasty vegetables followed by tomatoes whereas the other group of respondents O (+ive & -ive) also prefers green leafy vegetables followed by tomatoes.

A major difference was found among the two groups with respect to choice of spices especially chilly. A significant proportion of respondents among A (+ive & -ive) likes chilly followed by garlic/ginger Whereas same proportion of respondents among O (+ive & -ive), also likes chilly followed by garlic/ginger.

With respect to the choice of fruits, meat, beverages and junk food a significant proportion of respondents from both the group prefers dry fruits, chicken and milk respectively. Again a major

difference was found between the two groups in their choices of junk food in which 42.85% of A (+ive & -ive) prefers burger and 63.63% among O (+ive & -ive) also prefers the same.

3. A & AB Blood group

while analyzing the comparison between the A & AB blood group in their choice of food, the results reveal that 85.71% of respondents with blood group A (+ive & -ive) prefers rice and only 62.50% of respondents with blood group AB (+ive & -ive) prefers rice as a cereal. With the choice of pulses between the two groups the rspondents with the blood group A (+ive & -ive) mostly prefer rajam daal (76.10%) whereas the respondents with blood group AB (+ive & -ive) wholly prefers only rajmah daal as source of proteins among pulses. Among the choice of vegetables between the two groups 38.09% A (+ive & -ive) group likes green leafy vegetables followed by 33.33% of tomatoes whereas among the other group 50% of AB (+ive & -ive) prefers green leafy vegetables followed by 37.50% of spinach respectively.

the results further reveal that the respondents of blood group A (+ive & -ive) prefers chilly (52.38%) as a first choice of spice followed by garlic/ginger, whereas among the respondents of blood group AB (+ive & -ive) 62.50% likes chilly as a preferred spce followed by garlic/ginger i.e, 25% respectively.

While analyzing the choice of food with respect to fruits, meat, beverage and junk food among A (+ive & -ive) respondents 57.14% likes dry fruits, 57.14% likes chicken, 48.85% likes milk and 42.85% likes junk food respectively while as among AB (+ive & -ive) 62.50% likes dry fruits, 75% likes chicken, 37.50% likes tea and kehwa and a significant proportion of subjects likes packed food respectively.

The above result clearly indicates that a major difference between the two groups was found with respect to their choice of food, especially in rice as cereal, choice of rajma daal, green leafy vegetables, meat, beverages and choice of junk food respectively.

4. B and AB Blood group

while analyzing the comparison between the B & AB blood group in their choice of food, the results reveal that 80.70% of respondents with blood group B (+ive & -ive) likes rice, 84.61% likes rajmah daal, 50% likes green leafy vegetables 76.925 likes chilly, 57.69% likes fresh fruits, 61.84% likes chicken, 53.84% likes tea and 38.46% each likes burger and juices respectively. In case of the respondents of blood group AB (+ive & -ive), 62.50% likes rice, 100% respondents prefers rajmah daal as pulses, 50% likes green leafy vegetables, 62.5% likes chilly, 62.5% likes dry fruits., 75% likes chicken, 37.50% each likes tea and coffee and 62.50% likes packed food respectively.

The above results clearly signifies that among the respondents of AB (+ive & -ive) rajama daal is the source of plant protein which they mostly prefer followed by chicken as significant source of animal protein. The results also show that both the groups prefer equally the choice of green vegetables followed by tomatoes. However, a significant difference was found between two groups with respect to the choice of spices in which the B (+ive & -ive) group mostly prefer chilly as main choice of spice followed by ginger and garlic. A significant proportion of respondents among AB (+ive & -ive) prefer packed food as their choice of their junk food followed by Juices.

5. B & O Blood group

While analyzing the comparison between the B & O blood group in their choice of food, the results reveal that 80.70% of respondents with blood group B (+ive & -ive) likes rice, 84.61% likes rajmoah daal. 50% likes green lefy vegetables, 76.925 likes chilly, 57.69% likes fresh fruits, 61.54% likes chicken, 53.84% tea and 38.46% ach likes burger and juices as junk food. Among the respondents of O (+ive & -ive) group 72.72% likes rice, 54.54% likes rajamah daal, 54.54% likes green leafy vegetables, 63.63% likes chilly 63.63% likes dry fruits, 45.45% likes meat, 36.36% each likes tea and kehwa and 63.63% likes berger as choice of junk food.

From the above description it is quite clear that majority of the respondents among B (+ive & -ive) likes rice as main source of ceral followed by wheat. the same group also prefer rajma daal and chilly as pulses and spices respectively. It is interesting to note that majority of respondents among O (+ive & -ive) prefer burger as preferred choice of food junk food. The same group also prefers dry fruits as main source of fruits.

6. AB & O Blood group

While analyzing the comparasion between AB & O blood group in their choice of food. The results reveal that among the respondents of O (+ive & -ive) 62.50% prefers rice, 100% prefer rajamah daal, 50% prefergren lafy vegetables, 62.5% prefer chilly, 62.5% prefer dry fruits, 75% prefer chicken, 37.50% each prefer tea and coffee as beverages and significant proportion of respondents prefer packed food as choice of junk food. In case of the blood group O (+ive & -ive) 72.72% prefer rice, 54.54% each prefer rajmah daal and green leafy vegetables, 63.63% prefer chilli, 63.64% prefer dry fruits, 45.45% prefer chicken, 36.36% each prefer tea and milk as beverages and a good number of respondents prefer berger as choice of junk food.

Major Findings:

Following are the major findings of the study:

1. The results revealed that 90.47% of blood group A were found to have Rh +ve and 9.53% Rh –ve. The average Hb value of blood group A subjects was found to be 10.57mg. 88.47% 0f blood group B was found to have Rh +ve and 11.53% Rh-ve. The average Hb value of blood group B subjects was 10.45mg. The analysis further shown that 100% of the blood group AB subjects were found to have Rh+ve with an average Hb value of 10.91mg. 63.63% of blood group O was found to have Rh+ve and 36.37% Rh-ve. The average Hb value of subjects of blood group O was found to be 9.00 mg.

On the basis of these results it may be inferred that majority of the subjects of blood group A were found to have Rh+ve with an average Hb value of 10.57mg. Among the subjects of blood group AB all are found to be Rh+ve with an average Hb value of 10.91mg.

2. The results have depicted that respondents of blood group of subjects possess average age of 22.6 years, average weight of 56.5 kgs. and average height of 5.45 feet respectively, whereas the respondents of blood group B possess average age of 23.46 years, average weight of 56.8 kgs. and average height of 5.56 feet respectively. The results further revealed that the respondents of blood group AB possess an average age of 23.25 years, average weight of 58.5 kgs. and average height of 5.53 feet respectively whereas among the respondents of blood group O possess an average age of 22.54 years, average weight of 59.8 kg. and average height of 5.64 feet respectively.

On the basis of these results it may inferred that blood group O subjects have more body weight and height as compared to subjects of other blood groups.

3. The results revealed that majority of the respondents with blood group A, 85.71% prefer rice followed by wheat of 9.52% whereas the respondents with blood group B 80.70% of the respondents prefer rice followed by wheat (11.53%). With respect to pulses the respondents of two blood groups strongly differ in which the blood group A, 76.16% like rajama daal followed by 15.38% of mong dal whereas the respondents with blood group B, 84.61% likes rajama daal and 15.38% likes mong dal respectively.

From the above interpretation it is clearly evident that the rice is the most preferred cereal of the respondents of blood group A followed by rajama daal as the main source of protein.

4. It has been shown that 80.70% of respondents with blood group B like rice, 84.61% like rajama daal, and 50% like green leafy vegetables, 76.92 likes chilli, 57.69% like fresh fruits, 61.84% likes chicken, 53.84% likes tea and 38.46% each like's burger and juices respectively. In case of the respondents of blood group AB 62.50% likes rice, 100% respondents prefer rajma dal as pulses, 50% likes green leafy vegetables,

62.5% likes chilly, 62.5% likes dry fruits., 75% likes chicken, 37.50% each likes tea and coffee and 62.50% likes packed food respectively.

On the basis of these results it may be concluded that majority of the respondents of blood group B prefer chicken as a main source of protein whereas among the subjects of blood group AB all the subjects prefer rajama daal as the preferred source of plant protein.

5. It has been found that the subjects of blood group O 72.72% likes rice, 54.54% likes rajama daal, 54.54% likes green leafy vegetables, 63.63% likes chilly 63.63% likes dry fruits, 45.45% likes meat, 36.36% each likes tea and Qahwa and 63.63% likes burger as choice of junk food. The results further revealed that 80.70% of respondents with blood group B like rice, 84.61% like rajama daal. 50% likes green leafy vegetables, 76.92 likes chili, 57.69% likes fresh fruits, 61.54% likes chicken, 53.84% tea and 38.46% each likes burger and juices as junk food.

It is interesting to note that majority of respondents among blood group O prefer burger as preferred choice of food junk food. The same group also prefers dry fruits as main source of fruits.

6. The results revealed that majority of the respondents with blood group A, 85.71% prefer rice followed by wheat of 9.52% whereas the respondents with blood group B 80.70% of the respondents prefer rice followed by wheat (11.53%). With respect to pulses the respondents of two blood groups strongly differ in which the blood group A, 76.16% like rajama daal followed by 15.38% of mong dal whereas the respondents with blood group B, 84.61% likes rajama daal and 15.38% likes mong dal respectively.

From the above interpretation it is clearly evident that the rice is the most preferred cereal of the respondents of blood group A followed by rajama daal as the main source of protein.

7. The results have disclosed that among the blood group A, 85.71% likes rice,76.10% likes rajama daal and 38.09% likes green leafy vegetables whereas among the respondents of blood group O, 72.72% likes rice, 54.54 likes rajama daal and 54.54% likes green leafy vegetables respectively. With respect to their choices of spices, fruits and meat among the respondents of blood group A, 52.38% likes chili, 57.15% likes dry fruits and 57.14% likes chicken where as among the respondents of blood group O 63.63% likes chilli, 63.63 likes dry fruits and 45.45% likes chicken respectively.

Keeping in view the above results it may be accomplished that the subjects of most of the blood groups prefer rice as cereal and chili as the main source of spice.

Conclusion

From the present study it was revealed that majority of the subjects with blood group A were found to have Rh+ with an average Hb value of 10.57. The subjects of blood group O were found to have maximum average weight of 59.8kg and an average of 5.64 feet respectively.

The findings regarding relationship of blood group with choice of food are inconclusive as no significant pattern of choice has emerged in relation to blood group. In this direction, further analytical studies are needed.

Recommendations

1) Plant based diet can be a healthier way to eat with fewer report cases of obesity, heart diseases and diabetes.

2) Water and fibre increase the volume of foods and reduce energy density.

3) Foods with low energy density provide a greater volume of food which may help people feel full at a meal while consuming fewer calories.

4) The concept of comfort food should be discouraged by bringing awareness to people.

5) Pulp-free fruit juices lose their fibre content in the process of juicing.

6) For weight control purposes, the whole fruit contains added fibre that helps make one feel full.

7) Consumers should be made aware that frozen and canned fruits and vegetables sometimes contain added salt, which is not in fresh produce.

8) Adding fruits and vegetables to an existing eating plan that supplies sufficient calories or has more calories than needed can cause the person to gain weight.

9) Fruits and vegetables should be substituted for foods high in energy density.

10) Choose good carbohydrates i.e., whole grains, vegetables, fruits and beans to stay healthy.

11) Encourage children and infants to choose water as their preferred drink.

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