

Obesity: A Growing Health Concern

- Obesity is a leading cause of death and disability worldwide.
- It is a major risk factor for heart disease, stroke, and type 2 diabetes.
- Obesity is also associated with many other health problems, including sleep apnea, depression, and osteoarthritis.
- Obesity is a complex condition that is caused by a combination of genetic, environmental, and behavioral factors.



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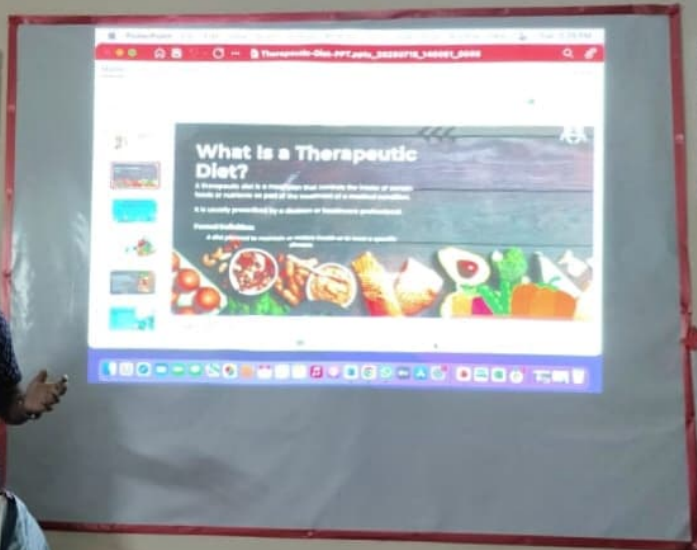
Mangalbari, West Bengal, India

215/1, Parasamandi, Mangalbari, West Bengal 732101, India

Lat 25.021079° Long 88.149073°

15/07/2025 03:00 PM GMT +05:30

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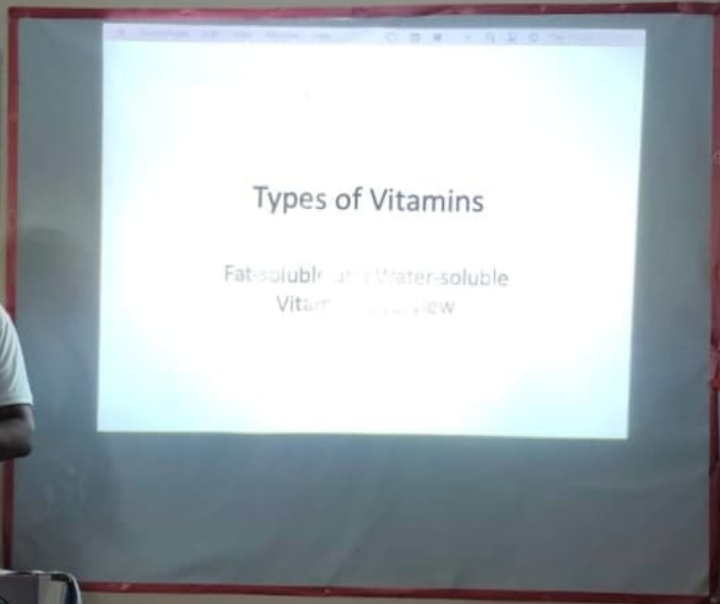
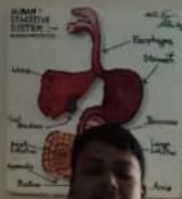
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Lat 25.02107° Long 88.14902°

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215/1, Parasamandi, Mangalbari, West Bengal 732101, India

Lat 25.021059° Long 88.149099°

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215/1, Parasamandi, Mangalbari, West Bengal 732101, India

Lat 25.021083° Long 88.149077°

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Malnutrition

- Understanding Causes, Effects, and Prevention
- A global health issue affecting millions
- Includes both undernutrition and overnutrition



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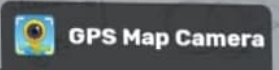
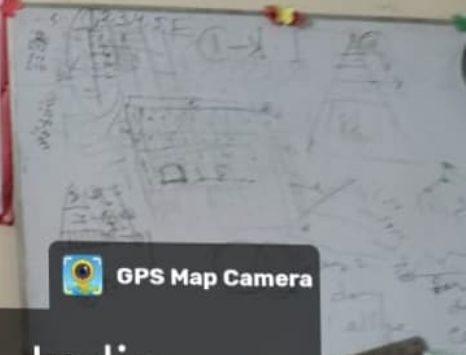
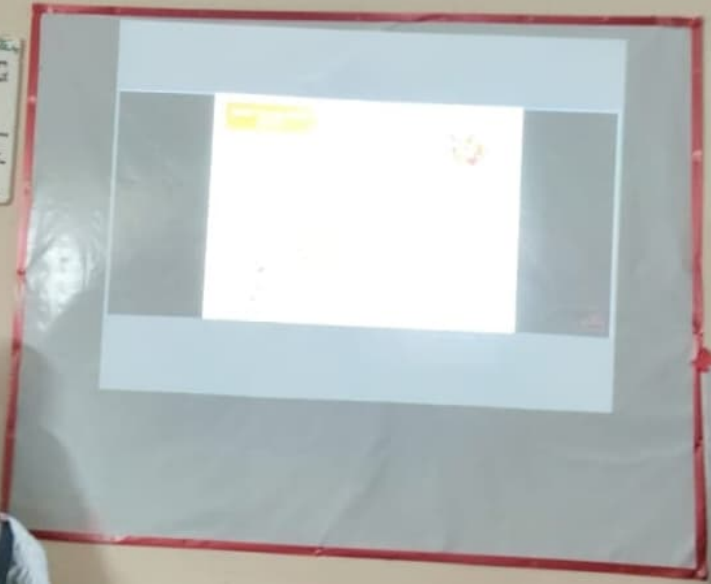
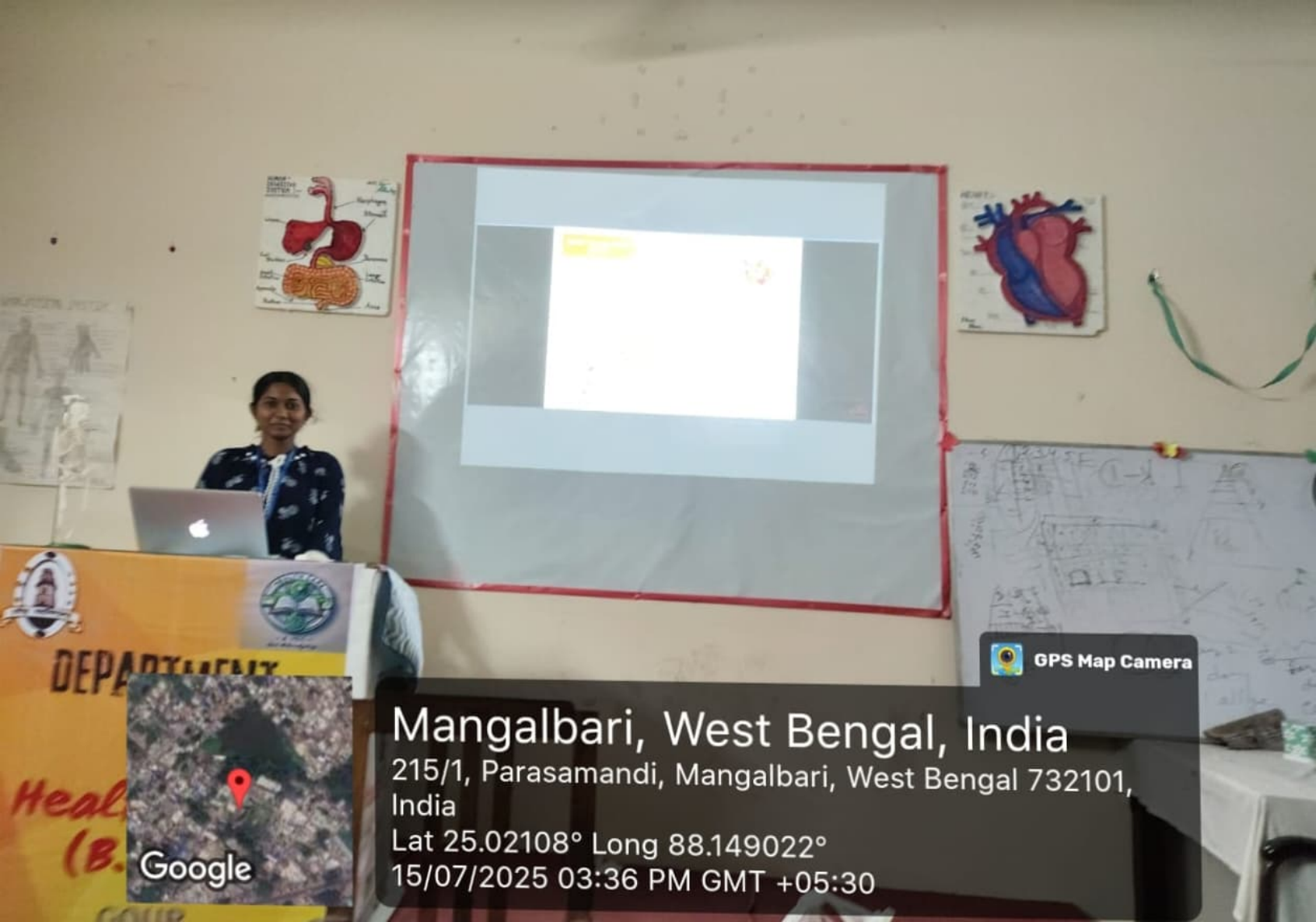
215/1, Parasamandi, Mangalbari, West Bengal 732101, India

Lat 25.021076° Long 88.149081°

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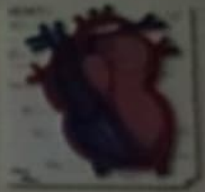
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The Plate Method

Will help you...

- Eat similar amounts of carbohydrate at meals & snacks
- Plan simple & tasty meals



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Health
(B. Var)