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Busting The Dieting Myths - Top Ten Weight Loss Myths

There are many weight loss myths circulated that are actually counter productive to effective weight loss... see how many of these you have fallen for:

WEIGHT LOSS MYTHS # 1: THE LESS YOU EAT, THE MORE WEIGHT YOU LOSE:

Your body requires a MINIMUM of 1200 calories per day to operate. Consume less and your body will interpret it as though there were a famine and slow your metabolism (ability to burn calories) and retain fat in order to survive. The same is true of skipping meals, especially breakfast. In fact, if you habitually skip breakfast you may find that your overall calorie intake is higher for the day because you will binge later on.

WEIGHT LOSS MYTHS # 2: IF YOU EXERCISE MORE YOU DON'T NEED TO REDUCE FOOD INTAKE:

It is surprisingly difficult to lose weight by exercise alone. Scientists have calculated that one pound of fat is equal to 3,500 calories so to lose a pound of fat you would need to burn an extra 500 calories per day. To do this you would need to briskly walk 5-6 miles PER DAY. As they say, it's easier to put weight on than it is to lose it! You will lose weight far more effectively by exercising in conjunction with a reduced calorie diet.

WEIGHT LOSS MYTHS # 3: EATING A LARGE NIGHT TIME MEAL CAUSES WEIGHT GAIN:

Although it's true that our metabolism slows at night, it doesn't matter whether your main meal is consumed at breakfast lunch or dinner. One thing we do need to watch for is overeating which is most common at night. It's what we eat and how much that matters rather than when we eat it.

WEIGHT LOSS MYTHS # 4: CARBOHYDRATES ARE FATTENING:

This isn't necessarily true. In the overall scheme of things a calorie is calorie whether it's a calorie of fat, alcohol, protein or carbohydrate (although fat contains 9 calories per gram and alcohol 6 calories per gram compared to 4 calories per gram of carbohydrates and protein). The fact of the matter is that a person could become overweight even if all they ate was vegetables... if they ate more than their body required. There are good carbohydrates and bad carbohydrates however. Simple and processed carbohydrates like sugar and white flour should be avoided.

WEIGHT LOSS MYTHS # 5: EATING SEVERAL SMALLER MEALS IS BETTER THAN EATING THREE LARGE MEALS:

Eating more frequently helps keep hunger at bay and helps reduce the incidence of overeating at meals but if you eat three main meals it's okay as well, as long as you avoid snacking between meals. The point is not to consume more calories than your body requires.

WEIGHT LOSS MYTHS # 6: IF YOU WANT TO LOSE WEIGHT YOU SHOULD ELIMINATE TREATS BECAUSE THEY HAVE NO NUTRITIONAL VALUE:

While it's a good idea to reduce consumption of junk food if you eliminate them altogether you will probably find you crave those foods even more and that can result in binge eating. It's important to allow yourself the occasional indulgence because it has an important psychological factor in relation to weight control.

WEIGHT LOSS MYTHS # 7: EATING ONLY HEALTHY FOODS WILL HELP YOU LOSE WEIGHT:

Yes and no! It's still possible to consume excessive calories even from healthy foods. For example, a salad with coleslaw and potato salad, cheese and dressing will contain more calories than a shop bought hamburger. You also need to watch hidden calories like fruit juice or soda. A large glass of fruit juice contains up to 250 calories but because it's a liquid we don't think of it as a food and because it doesn't have the fiber it isn't filling. Soda contains as much as 160 calories per can.

WEIGHT LOSS MYTHS # 8: FAT IS UNHEALTHY:

The human body actually NEEDS a certain amount of fat to provide padding and protection to internal organs, helping regulate body temperature by providing a buffer against the cold and also for absorbing certain nutrients. There are healthy and unhealthy fats. Healthy fats include polyunsaturated and monounsaturated fats found in avocado, nuts and olive oil etc. Then you have essential fatty acids like omega 3 found in seeds, fish and nuts which are, as the name suggests, essential to healthy body function.

WEIGHT LOSS MYTHS # 9: EATING 'NEGATIVE CALORIE' FOODS WILL HELP YOU LOSE WEIGHT:

The concept behind negative calorie foods is that they supposedly require more calories to digest than they actually provide. Unfortunately, there are NO foods that require more energy to digest than they contain. Examples of supposed negative calorie foods include things such as lettuce and celery. The only way to find a true negative calorie food would be for the food to have no calories at all. And there is only one food source that can make this claim... Fiber. Fiber passes through the body without being converted to energy. In fact, the body is incapable of converting fiber into energy. Oddly enough, there are Japanese noodles which are made from 100% soluble fiber combined with water that you can use as a substitute for regular noodles which are high in calories. They don't take energy to digest but what they do is slow digestion and satisfy your hunger for longer. In that way they provide a food source that is calorie free. Check out these amazing [calorie free noodles](#).

WEIGHT LOSS MYTHS # 10: AEROBIC EXERCISE IS BETTER FOR WEIGHT LOSS THAN RESISTANCE TRAINING:

Although aerobic exercise tends to burn more calories while you're doing it, resistance training tends to cause low level damage to the muscles which requires a LOT of energy to repair. Therefore, resistance training causes you to continue burning extra calories long after you finish training, compared to aerobic training which stops burning extra calories the moment your heart rate slows to normal. Therefore the overall effect is about the same.

So now you know the truth. As you can see, some of these dieting myths are surprising, others not so much!

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