

LGFG Newsletters Issue 17

This Issue we will investigate various issues regarding the ‘Myths and Facts of Exercise and Nutrition for Weight Loss’

Myth #1: Fad diets work for permanent weight loss.

Fact: Fad diets are not the best way to lose weight and keep it off. Fad diets often promise quick weight loss or tell you to cut certain foods out of your diet. You may lose weight at first on one of these diets. But diets that strictly limit calories or food choices are hard to follow. Most people quickly get tired of them and regain any lost weight.

Fad diets may be unhealthy because they may not provide all of the nutrients your body needs. Also, losing weight at a very rapid rate (more than 3 pounds a week after the first few weeks) may increase your risk for developing gallstones (clusters of solid material in the gallbladder that can be painful). Diets that provide less than 800 calories per day also could result in heart rhythm abnormalities, which can be fatal.

Tip: Research suggests that losing ½ to 2 pounds a week by making healthy food choices, eating moderate portions, and building physical activity into your daily life is the best way to lose weight and keep it off.

- type 2 diabetes
- heart disease
- high blood pressure

Myth #2: High-protein/low-carbohydrate diets are a healthy way to lose weight.

Fact: The long-term health effects of a high-protein/low-carbohydrate diet are unknown. But getting most of your daily calories from high-protein foods like meat, eggs, and cheese is not a balanced eating plan. You may be eating too much fat and cholesterol, which may raise heart disease risk. You may be eating too few fruits, vegetables, and whole grains, which may lead to constipation due to lack of dietary fiber. Following a high-protein/low-carbohydrate diet may also make you feel:

- nauseous
- tired
- weak

Eating fewer than 130 grams of carbohydrate a day can lead to the buildup of ketones (partially broken-down fats) in your blood. A buildup of ketones in your blood (called ketosis) can cause your body to produce high levels of uric acid, which is a risk factor for [gout \(a painful swelling of the joints\)](#) and kidney stones. Ketosis may be especially risky for pregnant women and people with diabetes or kidney disease.

- [Low Carb Diets And Arthritis](#)

Tip: High-protein/low-carbohydrate diets are often low in calories because food choices are strictly limited, so they may cause short-term weight loss. But a reduced-calorie eating plan that includes recommended amounts of carbohydrate, protein, and fat will also allow you to lose weight. By following a balanced eating plan, you will not have to stop eating whole classes of foods, such as whole grains, fruits, and vegetables—and miss the key nutrients they contain. You may also find it easier to stick with a diet or eating plan that includes a greater variety of foods.

Myth #3: Low-fat or nonfat means no calories.

Fact: A low-fat or nonfat food is often lower in calories than the same size portion of the full-fat product.

But many processed low-fat or nonfat foods have just as many calories as the full-fat version of the same food or even more calories. They may contain added sugar, flour, or starch thickeners to improve flavor and texture after fat is removed. These ingredients add calories.

Tip: Read the Nutrition Facts Label on a food package to find out how many calories are in a serving. Check the serving size too it may be less than you are used to eating.

Myth #4: Skipping meals is a good way to lose weight.

Fact: Studies show that people who skip breakfast and eat fewer times during the day tend to be heavier than people who eat a healthy breakfast and eat four or five times a day. This may be because people who skip meals tend to feel hungrier later on, and eat more than they normally would. It may also be that eating many small meals throughout the day helps people control their appetites.

Tip: Eat small meals throughout the day that include a variety of healthy, low-fat, low-calorie foods.

Myth #5: Eating after 8 p.m. causes weight gain.

Fact: It does not matter what time of day you eat. It is what and how much you eat and how much physical activity you do during the whole day that determines whether you gain, lose, or maintain your weight. No matter when you eat, your body will store extra calories as fat.

Tip: If you want to have a snack before bedtime, think first about how many calories you have eaten that day. And try to avoid snacking in front of the TV at night it may be easier to overeat when you are distracted by the television.

Myth #6: Lifting weights is not good to do if you want to lose weight, because it will make you "bulk up."

Fact: Lifting weights or doing strengthening activities like push-ups and crunches on a regular basis can actually help you maintain or lose weight. These activities can help you build muscle, and muscle burns more calories than body fat. So if you have more muscle, you burn more calories—even sitting still. Doing strengthening activities 2 or 3 days a week will not "bulk you up." Only intense strength training, combined with a certain genetic background, can build very large muscles.

Tip: In addition to doing at least 30 minutes of moderate-intensity physical activity (like walking 2 miles in 30 minutes) on most days of the week, try to do strengthening activities 2 to 3 days a week. You can:

- lift weights
- use large rubber bands (resistance bands)
- do push-ups or sit-ups
- do household or garden tasks that make you lift or dig
- WALKING IS BEST TO BURN FAT THAN HIGHER INTENSITY WORKOUTS

Myth #7: Nuts are fattening and you should not eat them if you want to lose weight.

Fact: In small amounts, nuts can be part of a healthy weight loss program. Nuts are high in calories and fat. However, most nuts contain healthy fats that do not clog arteries. Nuts are also good sources of protein, dietary fiber, and minerals including magnesium and copper.

Tip: Enjoy small portions of nuts. One-third cup of mixed nuts has about 270 calories.

We hope you have enjoyed the information carried out in this issue. Here at Looking Good and Feeling Great we aim to provide our valued clients in the Penrith area with nothing but the best in customer service and results. If you have any feedback on future issues feel free to email or contact us on the details below: