

The following has been taken from “The 11 Most Common Weight-Loss Blunders Dietitians See” dated 6th December 2017 – as on “myfitnesspal.com”. Should you wish to see the full article use this link to do so - <http://blog.myfitnesspal.com/common-weight-loss-blundersdietitians-see/>

COMMON DIETING PITFALLS:

- 1. FOCUSING ON WHAT YOU CAN'T EAT**
- 2. ADOPTING AN ALL OR NOTHING ATTITUDE**
- 3. NOT HAVING A SOLID PLAN**
- 4. CUTTING OUT AN ENTIRE FOOD GROUP**
- 5. REPLACING MEALS WITH LIQUIDS**
- 6. EATING TOO FEW CALORIES**
- 7. STEERING CLEAR OF HEALTHY FATS**
- 8. DITCHING FRUITS AND VEGGIES WITH HIGH SUGAR CONTENT**
- 9. NOT DRINKING ENOUGH WATER**
- 10. TAKING THE WEEKENDS OFF FROM HEALTHY EATING**
- 11. RELYING ON WEIGHT LOSS PILLS**

EB sent me this article. See below for more detail. A lot of it makes sense, although personally, as you all know, I don't like number 3.

Losing weight can be tricky business: When you're insanely busy, it can be tough to focus on your goals in a healthy, sustainable way, let alone work towards them at all. It's easy to fall into pitfalls, but hey, knowledge is power — when you know the traps you're most likely to fall into, it's easier to steer clear.

Registered dietitians know these roadblocks all too well, and they've helped their clients get past them, too. Here are 11 weight loss mistakes registered dietitians' warn against:-

1. FOCUSING ON WHAT YOU CAN'T EAT

“So many people embarking on a weight loss journey focus on what they can't have—[such as] no sugar, no alcohol, no dessert, no bread, no cheese. I like to tell my readers to focus on what they can have and tally up all the filling and nutritious superfoods out there.” – Kath Younger, R.D., blogger at Kath Eats Real Food.

2. ADOPTING AN ALL-OR-NOTHING ATTITUDE

“[Don’t] eliminating foods you love. Too many people who are trying to lose weight develop the all-or-nothing attitude. This way of thinking can be detrimental in the long run. Instead of depriving oneself of foods they love, they should learn how to incorporate them into their diet in a healthier way. For example, love pasta? Instead of adding a creamy high fat sauce, add lots of veggies, grilled shrimp, and toss in olive oil and garlic. Can’t live without bread? Well, you shouldn’t have to. Make a healthy sandwich for lunch on 100 percent whole grain bread with grilled chicken, avocado, lettuce, and tomato.” — Keri Gans, M.S., R.D., author of *The Small Change Diet*.

3. NOT HAVING A SOLID PLAN

“Not having a solid, realistic plan [is a mistake]. People should set themselves up for success by coming up with small, challenging yet attainable action steps to work towards. Start off with a few [actionable and specific goals](#) for the first week. Once you master those, keep adding on. Before you know it, those action steps will become lifelong healthy habits.” — Lindsey Pine, M.S., R.D., owner of Tasty Balance Nutrition.

4. CUTTING OUT AN ENTIRE FOOD GROUP

“When people are trying to lose weight, they often cut out an entire food group, like carbs or meat, but this usually just results in an unbalanced diet and even deficiencies in certain nutrients. Plus, for most people, this is not sustainable for a lifetime—I always say if you couldn’t do it for the rest of your life, it’s a diet that’s probably not going to work in the long run.” — Sarah-Jane Bedwell, R.D., L.D.N.

5. REPLACING MEALS WITH LIQUIDS

“Green juices and smoothies are very popular right now, and a lot of people will use these as meal replacements. Unfortunately, oftentimes these beverages aren’t made up of the right mix of nutrients. Green juices lack fiber and protein, which are key nutrients in keeping you full and helping you meet your nutrient recommendations, and smoothies are typically loaded in sugar from juice, sweeteners, or too much fruit, and can be really high in calories from oversized portions of healthy fat sources like nuts and seeds.” — Maxine Yeung, M.S., R.D., owner of *The Wellness Whisk*.

6. EATING TOO FEW CALORIES

“The biggest pitfall I constantly see my clients falling into is the calorie counting trap. Many women come to me struggling to follow a 1,200 calorie

per day diet and ask me what would help them to feel more full during the day. My answer is always to eat more! We live in a culture that is so obsessed with calorie counting that oftentimes we are depriving our body of the very nutrients that will actually help us not only to live healthier, but lose more weight. In my practice I try and help my clients transition from counting calories to counting nutrients because at the end of the day, what you eat is just as important as how much you eat.” — Emily Cope-Kyle, M.S., R.D.

7. STEERING CLEAR OF HEALTHY FATS

“I find that many people are stuck eating low-fat or fat-free versions of food, a holdover from the fat-phobic days of the '70s, '80s, and '90s. A moderate amount of fat is important as it helps with satiety. Plus, people end up replacing fat with refined carbs, which we now know can have a detrimental effect on health and weight. Include healthy fat at every meal, in the form of nuts, seeds, liquid oils, avocados, oily fish, soy, and dairy products.” — Alissa Rumsey, M.S., R.D.

8. DITCHING FRUITS AND VEG WITH HIGH SUGAR CONTENT

“[I see people] cutting out certain fruits and vegetables because they think they contain too much sugar. Sure, some do contain a bit higher amount of naturally occurring sugars, but they also contain fiber, which helps counterbalance the effect on blood sugars. Compared to highly processed snacks and drinks, there is nothing to be worried about.” — Michelle Dudash, R.D.N., the Clean Eating Cooking School.

9. RELYING ON WEIGHT LOSS PILLS

“The bottom line here is if there was a pill or a potion that really worked in the long term, then not one of us would be talking about weight management at all! The weight loss industry is...so successful because we are so desperate to find a quick fix. The only long-term effective weight management skill is to change the way think about fueling our bodies. We need to think of food as fuel for daily living and to fuel it the best way we can. The rest takes care of itself.” J O'Donnell-Giles, M.S, R.D, C.S.S.D.

10. TAKING THE WEEKENDS OFF FROM HEALTHY EATING

“You should take the weekends off from your job, not your diet. You can still have fun and go out to eat on the weekends, but make an effort not to stuff yourself to the brim with food or drinks. Simply eating mindfully when you are enjoying good food can be enough to not wreck your hard work during the week. If the weekends are a problem for you, try weighing yourself Friday

mornings and Monday mornings. If you see that number routinely creeping up on Monday, try changing your weekend routine to include more exercise and healthier food.” Heather Mason, M.S, R.D.

11. NOT DRINKING ENOUGH WATER

“A lot of my clients don’t drink enough water. Changing this habit is one of the easiest ways to help your health. Studies show that drinking water or eating a water-rich salad or broth-based soup before a meal can help decrease how much you eat during the meal—plus, staying hydrated helps prevent headaches, which can lead to stress eating. Figure out how you prefer to get your water: Do you like a bottle with a straw or a wide-mouthed top? Whatever your preference, keep a water container at your side as often as you can. You’ll reach for it a lot more if you don’t have to get up to fill a glass.” — Amy Gorin, M.S., R.D., owner of Amy Gorin Nutrition.