



Weight loss myths

[Source: NHS]

From radical weight loss regimes to common misconceptions about the best types of foods to eat; there are many myths about weight loss and healthy eating that are making the prospect of losing weight difficult for many. In this blog, we aim to dispel some of these myths and support a greater understanding of sustainable, empowering weight loss techniques instead.

[A strict exercise regime is the only way to lose weight](#)

In order to lose weight, we need to burn more calories than we consume. We can do this by eating less, being more physically active, or ideally, a combination of both.

[Eating healthy is more expensive](#)

This does not always have to be the case. Try choosing cheaper cuts of meat, cheaper ingredients such as beans, pulses and frozen veg to make stews, casseroles and stir-fries go further.

[Carbs lead to weight gain](#)

Not if eaten in the right amounts as part of a balanced diet. Make sure to choose wholegrain and wholemeal carbohydrates wherever possible.

Starving yourself is the best way to lose weight

Extreme diets are very unlikely to lead to long-term weight loss. They are more likely to have the complete opposite effect. This is because this type of diet is far too hard to maintain long-term and you may be missing out on essential nutrients, leading to cravings for high-fat, high-sugar foods higher in calories.

Low-fat or reduced-fat foods are the best choice

Foods that are 'low-fat' or 'reduced-fat' should contain less fat than their full fat alternative, but this does not mean that they are always the best choice when trying to lose weight.

Use the food label to check exactly how much fat it contains, as it may still be too high. And remember that some low-fat foods can actually be high in sugar.

Cutting out all snacks will help me lose weight

Snacking isn't always the problem, but the types of snacks can be. Snacks can be useful in-between meals to maintain energy levels, especially if you are becoming more active.

Instead of snacks high in fats and sugar, choose fruits or vegetables as a healthier alternative.

Understand your bodyweight and how it could be impacting your health by calculating your BMI using www.nhs.uk/live-well/healthy-weight/bmi-calculator/

For more information about tailored programmes to support a healthier lifestyle, see www.northumberlandhealthtrainers.co.uk