

Nutritional Myths That Lead to Weight Gain



The Well Being

Many of us eat to lose weight while operating on a variety of basic misconceptions. The following are some nutritional myths that lead to weight gain.

1. Skipping breakfast is beneficial to the weight-loss process. Skipping breakfast slows down one's metabolism. People who skip breakfast tend to eat more food throughout the day, and be heavier compared to individuals who eat breakfast daily.

2. Fruit juice, iced tea, lemonade and soda are low in calories and OK to drink daily. Such beverages, unless marked as "diet" or "less than or equal to 10 calories," are usually full of simple sugars, and when over-consumed, may lead to weight gain since they are high in calories. (When in doubt, read the label to determine the number of calories per serving, and the number of servings per container.) It is much better to drink water and/or consume fresh fruit since fruit has natural sugars and fiber.

3. It is not important to drink water in order to prevent weight gain. Water keeps the metabolism revving. Many times people have a false sensation of hunger when in reality they are thirsty. Drinking plenty of water

keeps you hydrated, increases "fullness," and helps prevent overindulging.

4. Eating three meals and eliminating snacking is the key to weight loss. Consuming six small well-balanced meals can help you lose weight because eating consistently throughout the day keeps your metabolism revving. Also, when you eat small meals throughout the day, you aren't famished at the next meal and therefore don't overindulge and consume an excessive amount of calories.

5. A cardiovascular exercise regimen is the best option for effective weight loss. A cardiovascular regimen is beneficial, but it should be done in combination with a weight-resistance regimen. Weight resistance helps build muscle. Muscle burns 35 to 50 more calories at rest than fat. Therefore, an individual's metabolic rate increases with increased muscle.

6. Eating late at night leads to weight gain. Weight gain is caused by consuming too many calories over the entire day and not burning enough calories at rest and through exercise. The time of day that the food is consumed does not cause weight gain.

7. Salads are always the best option when trying to lose weight. Salads, if not prepared appropriately, can be very high in calories and saturated/trans fats. Salad dressings, bacon bits, croutons, cheese and meats greatly increase the caloric density. It is best to choose a fat free/light dressing or olive oil and vinegar. Stay away from creamy dressings. Always ask for dressings on the side. And minimize the toppings listed above. Try to choose a salad with increased amounts of vegetables.

8. "Fat free" is always the best option for weight loss. Although fat free is sometimes a good solution, often items that are fat free are high in sugars and calories. People tend to consume larger portions of fat-free-food options because of the misconception that if foods or beverages are fat free, they will help keep you lean. However, over consumption is what causes weight gain.

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