

# 7 common errors are common when losing weight

Before deciding to scrape out your money bag to reduce the size of your dress, read the 7 common mistakes you make when losing weight below. New reference!

Do we often feel as if we are running nonstop on a conveyor belt, running forever but not going to the destination? **Losing weight** is a lucrative industry and we cannot stop introducing quick coordination solutions for weight loss that many of us risk recklessly. According to market data research companies *Marketdata Enterprises*, Americans often pay more than \$ 60 billion a year for trying to lose weight. Before deciding to "exhausted" your pocket money to reduce the size of your dress, read the **7 common mistakes you make when losing weight** below. New reference!

## 1. Have a quick way to lose weight



If there is a magic pill that can miraculously lose weight, we are all living in a world where there are no oversized chairs and seat belts need to loosen. In fact, weight loss is extremely difficult. It requires determination, concentration and a commitment to a healthier lifestyle, though often an unfavorable or exciting option. And the choice of over-the-counter (OTC) drugs, such as green tea extract, is often associated with the risks and side effects of the drug itself, most of the choices. Existing does not seem to be effective for weight loss. Furthermore, reducing more than 3 pounds (nearly 1.36kg) per week for several weeks may increase your chances of developing a gallstones risk and a diet of less than 800 calories a day for a time of pulling. Long can cause serious cardiovascular problems.

## 2. Assume that all carbohydrate-rich foods are not good



Carbohydrates - also known as Carbs - provide the body with the main energy needed to function. In recent years, *low-carbohydrate diets* have thrived in the community, but the main effect is unbelievable. A study in the 2003 *Asia Pacific Journal of Clinical Nutrition* magazine found that low-carb diets actually did not benefit any more than the infusion diet. The system is well balanced and that long-term carb restriction can cause serious side effects, including cardiovascular problems, osteoporosis, increased risk of cancer, impaired activities physical, lipid disorders and even sudden death if such dieting continues. Eating synthetic carb, such as fiber-rich cereal or *brown rice*, can gradually help you lose weight as they make you feel fuller while consuming less calories.

## 3. Think that "low fat" or "not fat" means less calories



Often these foods only mean " *less fat* " and not " *less calories* ". To compensate for the amount of fat removed, manufacturers will add sugar to make the food more flavorful. This chart will show you some common foods, including " *low-fat* " *foods* that have almost the same amount of calories as regular ones. Don't be fooled by smart marketing advertising campaigns. Healthy cookies are usually only " *healthy* " psychologically.

#### **4. Thinking that eating healthily will cost more money**



While healthy eating seems to be more expensive, there are many factors to consider. It will be cheaper and easier to grab a burger and fries at a local fast food store, but investing in your health will save expensive medical expenses. Future. In addition, there are many ways to eat healthy. Instead of eating chips, chop a potato, add some olive oil, sprinkle some salt, a little pepper and bake. Now you have a choice of less calories, cheaper without losing the fiber that baked potatoes bring. Moreover, many people believe that fresh vegetables provide

more nutrition than frozen or canned foods. In fact, this is also not true because frozen or canned vegetables are usually cheaper than fresh vegetables. [25 cheap foods rich in nutrients and vitamins you need to know]

## 5. Skip meals



You may think that eating fewer meals means less energy, but skipping meals can make you eat more meals at later times of the day. Research shows that people who eat breakfast are usually lighter than those who skip their first meal of the day.

## 6. See often calories in liquid form



According to a recent study, 21% of calories contained in American meals are provided in liquid form. Check out the following 470ml ( 16 ounce ) drinks: A glass of hot chocolate from Starbuck contains 370 calories, 1 cup

of Coolatta Dunkin's vanilla fries with 630 calories and a glass of Aloha Smoothie pineapple of Jamba Juice contains 290 calories. Even a glass of orange juice about 350ml provides 190 calories. By drinking filtered water instead of drinking such refreshing drinks, you can significantly reduce your calorie intake.

## 7. Do not take into account any extra small amounts



Additional small amounts of ingredients include accessories to salad dressing, ice cream, and avocado salad and small pieces of bread for salad dressing. Only two spoons of butter Wishbone Chunky Blue contains 160 calories and 17 grams of fat. Similarly, 2 tablespoons of Giard's regular Caesar vinegar oil also contains 150 calories and 15 grams of fat. Two small spoonfuls of soup in a grilled sandwich or roll in a turkey dish. Pay attention to the spices in your food, which can help eliminate hidden calories and saturated fats.

Simple weight loss formula: the calories burned are greater than the calorie intake. The benefits of maintaining a suitable body weight include increased energy, feeling more confident and less at risk of cardiovascular diseases, high blood pressure, diabetes, cholangitis, insomnia. and some other cancers. The best way to achieve the goal of weight loss is by losing weight traditionally and exercising. Eat balanced meals, increase exercise, ignore online shopping late at night and talk to your doctor or dietitian to create an action plan that suits you Best.

### Refer to some more articles:

1. 10 healthy habits that help you live up to 100 years old
2. 8 signs of cervical cancer identification in women
3. 12 healthy habits but extremely harmful to health

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