

# MYTHS & FACTS ABOUT LOSING WEIGHT

## MYTHS & FACTS ABOUT DIET



**Eating less causes more weight loss.**

**Fact:** Depriving the body of the required energy forces it into survival mode, causing fatigue and other problems first rather than weight loss.



**You can eat anything if it's healthy.**

**Fact:** Energy output must exceed input to cause a weight loss



**Avoid grains and grain products such as bread, pasta, and rice as they increase fat.**

**Fact:** Substituting refined grains and grain products with those made from whole grains keeps you fuller for longer.



**Dairy products cause weight gain.**

**Fact:** They are crucial sources of proteins and calcium. Moderate intake is advisable.

**A vegetarian diet helps you lose weight faster.**

**Fact:** Vegetarian foods may also contain high levels of sugars and fats. Small amounts of lean meats can be included in a balanced diet.



## MYTHS & FACTS ABOUT EXERCISE



**Continuous physical activity yields the best results.**

**Fact:** Physical activity is important, be it continuous, sporadic, or bouts.

**Resistance training is not safe for children.**

**Fact:** It is safe and effective under expert supervision.

