

Fit Facts: Debunking 5 Weight Loss Myths

by Diane Raymond

Detox diets, vitamins that boost energy, diet-ruining carbohydrates...health and fitness rumors run rampant, especially in cyberspace where at the touch of a button you can find pages of information on any subject. Don't fall into the trap of believing everything you see, hear and read.

Five Common Myths Exposed

Myth #1: Detox diets increase energy, rid the body of toxins, and boost weight loss.

Fact: Save your money. Toxins are by-products of normal, daily metabolic activity. Our liver and kidneys rid the body of unwanted toxins every day – that is their job, and if you're healthy, they do it quite well! Want a safer, more effective alternative to detox juices, pills, products and supplements? Make healthier nutritional choices every day.

Reduce your daily consumption of:

- ◆ Sugar
- ◆ Saturated fats
- ◆ Alcohol
- ◆ Refined flour
- ◆ Pesticides, chemicals and unnecessary additives

Increase your daily intake of:

- ◆ Fruits and vegetables
- ◆ Whole grains
- ◆ Quality protein, such as fish, eggs, and lean poultry
- ◆ Mono- and polyunsaturated fats, such as those found in olive oil, salmon and tuna, and nuts

Myth #2: Vitamins give you energy.

Fact: Unless your vitamin comes in the form of a nutrition / sports bar that is packed with carbohydrates and protein, your vitamin will not give you energy. Energy, or fuel for your body, can only come in the form of calories. Vitamins and minerals should supplement what you eat by filling in the gaps when not enough of a specific nutrient is consumed. Want more energy? Eat quality carbohydrates.

Myth #3: Carbohydrates are bad. To lose weight, you should eat more protein.

Fact: Fruits, vegetables and whole grains (all high quality carbohydrates) are crucial components of any diet. Carbs provide the body with energy, and if you don't get enough, you risk shifting your metabolism into low-gear, thus burning fewer fat calories during the course of the day.

Besides, eating too much protein can cause unwanted side effects.

- The liver and kidneys are forced to work harder, creating unnecessary metabolic by-products
- Headaches
- Poor endurance
- Muscle tissue breakdown
- Dehydration

The solution: aim for 50-60% of daily calories from quality carbohydrates.

Myth #4: Exercising on an empty stomach will help burn fat.

Fact: You need energy to workout effectively. Without enough of it, you will fatigue more quickly (read: you won't burn as many calories while you workout).

If working out on an empty stomach causes you to feel nauseous, try a snack that contains both protein and carbohydrates, such as whole grain cereal and low-fat milk, 30-minutes prior to working out.

Myth #5: Diet "Z" worked for my neighbor, so it will work for me too.

Fact: There is no such thing as a "one-size-fits-all" plan for weight loss. Individualized nutrition plans based on your current weight, weight loss/fitness goal, activity level, current health and medical history work best. A registered dietician can create a plan that is just right for you.

Need help finding a registered dietician near you?

Visit:
[Eat Right.org](http://EatRight.org)

About the Author:

Diane Raymond is a noted fitness expert and the founder of [Blue Sky Gym](#), a personal training business specializing in outdoor and in-home training, group classes, live workshops and health/fitness education.

*This article can be reprinted provided the author bio is included.