

When weight loss doesn't happen

Ever feel like you're "eating perfectly" but still not losing weight?

It's possible. But it's not what happens most often.

Usually, there are one of two things going on:

Problem #1: You're eating more than you realize.

Problem #2: What you think is the "right amount"... isn't.

Or, it could be both.

Here's a fun example...

Let's say you're trying to lose weight and eating 500 fewer daily calories than what you'd need to maintain your weight.

Hypothetically, that's enough to lose one pound a week.

That's with no... hiccups.

Maybe you've got a great routine down, and you're consistently eating the same amount and nailing your calorie intake goal. You even have enough room in your daily diet for two glasses of wine (one with dinner and one after).

You like eating this way, and it feels pretty sustainable.

Perfect. Except a couple of things...

Your two glasses of wine are actually 8 ounces each (200 calories), instead of the standard 5 ounces (125 calories). Those liberal pours give you an extra 150 calories a day.

This is really easy to do, just check out the photo below.



The glass on the left has 8 ounces of red wine. On the right, 5 ounces (a “standard serving”).

As you can see, the shape and size of the glass make it hard to eyeball portion size. There’s not much room for error.

But that’s not all...

On Saturday night, you have friends over and grab curbside from the Cheesecake Factory. You order the Thai Coconut Lime Chicken, which sounds reasonable and looks pretty healthy.



But... it's 1,980 calories. And because your friends overstay (okay, you encouraged them!), you have four "servings" of wine instead of your usual two.

Despite your consistent eating, after the extra wine and the one meal from Cheesecake Factory, you end up with just a 70 calorie deficit for the week versus your planned 3,500 calorie deficit.

So you don't lose weight.

Disappointing, for sure.

This is a pretty simplistic example, but it's exactly the kind of thing that happens to many folks who struggle to lose weight despite feeling like they're eating exactly how they planned. Because they were—almost.

What about Problem #2?

Well, your individual body may be playing a role in your challenges, too. For example:

- ▶ Your basal metabolic rate—the energy you need just to fuel your organs and biological functions to stay alive—can vary by 15 percent. For the average person, that's roughly 200-270 calories a day.
- ▶ Sleep deprivation can cause a 5-20 percent change in metabolism (the equivalent of 200-500 calories a day).
- ▶ For women, the phase of their menstrual cycle can affect metabolism by another 150 calories a day or so.

This is why all calorie calculations are just a starting point. You try to consistently eat a certain amount, and if after, say 2-3 weeks you're not seeing changes, you can adjust.

But it's not necessarily just about cutting more calories. It could be, for example, that "the fix" is getting more sleep. Or moving a little more.

This is where nutrition coaching can be really valuable. Because you don't have to figure it out by yourself. There are people out there who can—and want to—help.

GET EVEN HEALTHIER!

Want to learn how to make positive choices in your own life? Want support in creating your healthiest, happiest life ever? Let's talk! Schedule a complimentary health coaching consultation with me today—or pass this offer on to someone you care about!

ABOUT ME

I received my training from the Institute for Integrative Nutrition and Precision Nutrition where I learned about more than one hundred dietary theories and studied a variety of practical lifestyle coaching methods. Drawing on this knowledge, I will help you create a completely personalized "roadmap to health" that suits your unique body, lifestyle, preferences, and goals.

Learn more about Compass Health and Wellness and my unique approach to health coaching by reaching out to me at:

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