

Major Misperceptions About Ways To Diet Are Behind Weight-Loss Failure

(NAPSA)—At a time when Americans are bombarded with competing claims for weight-loss products and services, a recent survey from the Partnership for Essential Nutrition (PEN) finds that dieters who lose weight through a comprehensive program of a reduced-calorie diet, increased physical activity and a supportive environment—the method advocated by public health officials—are the most satisfied with their results.

Conversely, the survey shows that less than one-fourth of dieters (23 percent) are using this method. Instead, the poll finds that many consumers are making decisions based on popular dieting myths. For example, most Americans (55 percent) still don't know that consuming fewer calories is what leads to weight loss and 69 percent buy into the myth that eating certain foods in combination enhances weight loss.

To change these statistics, the Partnership for Essential Nutrition has identified the “Bogus 12”—those dieting myths that may sound good but are not backed by sound science. They are:

- Dieting is only about will-power.
- Extreme weight loss is safe.
- Calories don't matter; avoiding carbs or fat is the key to weight loss.
- Certain foods can burn fat and make you lose weight.
- Starches are fattening and should be avoided when dieting.
- Low-fat or no-fat means reduced calories.
- Skipping meals is a simple way to cut calories.
- Eating at night increases weight gain.



The most satisfactory weight-loss methods combine reduced caloric intake with exercise and a supportive environment.

- You can lose weight just by exercising.
- Diet drugs are the only effective option.
- Natural or herbal weight-loss products are also effective.
- It is possible to burn fat without dieting.

“It's time to separate fact from fiction regarding successful weight-loss methods,” said Barbara J. Moore, Ph.D., president of Shape Up America!, which is spearheading PEN. “This starts with exposing the common myths associated with successful weight loss so that Americans can avoid the false turns that are so common and get off the dieting roller coaster for good.”

To arm against the “Bogus 12,” the Partnership for Essential Nutrition has developed new downloadable information about effective weight-loss methods and those dieting claims that lead to high rates of dissatisfaction. You can get this information by visiting www.essentialnutrition.org.