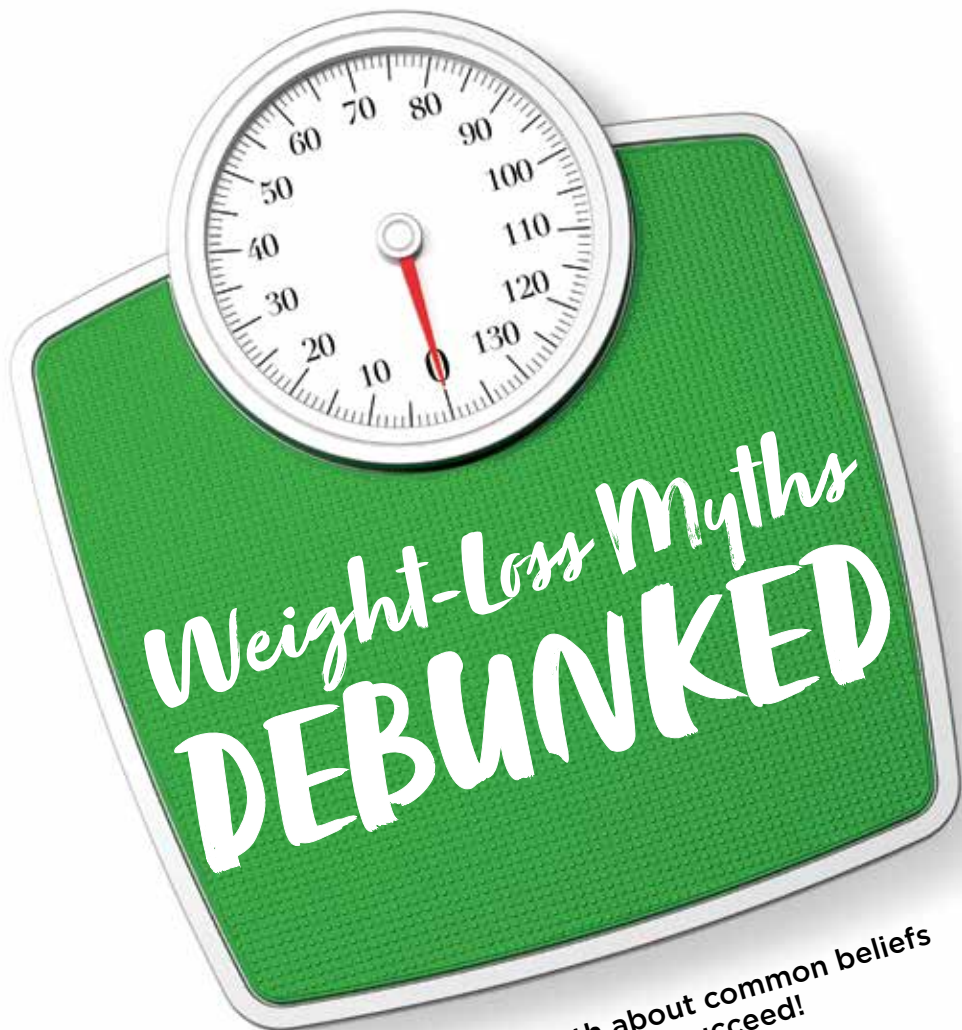


weightwatchers  
**weekly**

August 13-19, 2017



*Weight-Loss Myths*  
**DEBUNKED**

Knowing the truth about common beliefs  
can help you succeed!

# Weight-Loss Myths DEBUNKED

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## **They've been around as long as people have been trying to lose weight:**

myths masquerading as truths. Some are passed down through generations (“don’t eat after 8 p.m.”), while others linger on from outdated science (remember the fat-free craze in the ’80s?). And still others offer a “magic bullet” that promises to shed pounds effortlessly.

## **Debunking these myths can help you reach your weight-loss goals.**

Believing—and following—myths can hold you back. It’s not always easy to separate fact from fiction, but keep in mind the golden rule of weight-loss myths: If it sounds too good to be true, it probably is.

**Check out these common tall tales about weight loss—and discover the simple truth behind them.**

### **THE MYTH** Some foods can boost your metabolism.

**THE TRUTH** There’s no evidence that any food or drink can raise metabolism in the long run. Green tea and hot peppers are often touted as such, but you’d have to eat a huge amount to get a tiny, momentary metabolism boost. (Eating breakfast doesn’t boost metabolism, either.)

### **THE MYTH** You shouldn’t eat after 8 p.m.

**THE TRUTH** Your body is working 24/7—even while you sleep. If you’re within your daily SmartPoints® Target and achieving your

FitPoints® goals, weight loss will happen, whether you're an early-bird diner or a night owl. It doesn't really matter when you eat. One caveat: Sometimes it's best not to go a long time without eating because you might overeat afterward.

**THE MYTH** Eat certain foods to flatten your belly.

**THE TRUTH** Another “if only!” myth. There's no scientific evidence that any food by itself can flatten your tummy. Sticking to your SmartPoints Budget and meeting your FitPoints goals will help you lose weight, all over.

**THE MYTH** You should cut out carbs.

**THE TRUTH** Cutting an entire food category can deprive you of foods you like (and important nutrients); in the

long term this restriction can lead you to overcompensate and possibly overdo it. Better: Aim to eat a variety of foods you enjoy—for life, not just while losing weight. Include your favorites so it feels more like a lifestyle than a diet.

**THE MYTH** Losing weight will wreck my metabolism.

**THE TRUTH** A safe rate of weight loss can help your body adjust to—and help sustain—weight loss over time. Losing large amounts of weight quickly may trigger your body's self-preservation mode, which can affect your metabolism. It's true that you need fewer calories as you lose—your metabolism is now supporting a smaller body—so your SmartPoints Target will go down along the way.

**BUST A MYTH!** Not sure whether a weight-loss “fact” is true or not? Get the real story from our science team! Email us at [mythbusting@weightwatchers.com](mailto:mythbusting@weightwatchers.com)

**FOLLOW UP**

If you find yourself thinking an unhelpful, myth-enforcing thought, reality check and replace it with a helpful, myth-busting one in “Think Again, Your Turn” on page 4.



## THINK AGAIN

It's tempting to grab hold of myths in the hope they will help drive your weight loss. Turn around that thinking, and get closer to your goals.

### UNHELPFUL

"I just have to change what I eat/how I move until I reach my weight-loss goal—then I can go back to what I used to do."



### HELPFUL

"I want to eat healthier and move more for life, not just until I reach my weight-loss goal. I don't want to go back to what I used to feel and weigh."

### UNHELPFUL

"If I deprive myself in the short term it'll pay off in the long term."



### HELPFUL

"I don't want to deprive myself at all. Instead, I want to create a healthy lifestyle and enjoy what I eat and how I move. That's what will pay off in the long term."

**YOUR TURN!** What **unhelpful** thought have you had about weight loss? Write it here. Give it a reality check, then write your **helpful** thought here.

### UNHELPFUL

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### HELPFUL

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# INSPIRATION FROM OUR COMMUNITY!

Connecting  
with  
**Oprah**

“WHAT IS YOUR TRUTH? THAT’S WHAT’S GOING TO SET YOU FREE FROM YOUR WEIGHT STRUGGLE.”

—OPRAH

“It’s a myth that nuts should be completely avoided for weight loss. That’s nuts!”  
—MOMPATTY5\*



“I BUSTED THE ‘DON’T EAT AFTER 8 P.M.’ MYTH. MY JOB HAD ME ON CALL 24/7 SO I STARTED MY DAYS AT MIDNIGHT. I STAYED WITHIN MY BUDGET AND I STILL LOST OVER 100 POUNDS!” —TONY

“MUSCLE DOES NOT WEIGH MORE THAN FAT. A POUND IS A POUND. MUSCLE IS MORE DENSE THAN FAT SO THAT BY VOLUME IT SEEMS TO WEIGH MORE.” —MRSK2011\*

\*Posted on Connect on the mobile app (for subscribers).



What **#WeightLossTruth** has helped you?  
Share on Connect on the mobile app (for subscribers).



From weightwatchers.com



[EASY DESSERT]

# ANGEL FOOD CAKE WITH TROPICAL FRUIT SALAD AND RASPBERRY SAUCE

A sweet send-off to a summer meal.

4 SmartPoints® VALUE PER SERVING // PREP 20 MIN // COOK 3 MIN // SERVES 8

- 1 diced mango (about 1 cup)
- 1 medium orange, segmented (reserve juices)
- 4 cups (2 pints) raspberries, divided
- 1 tsp grated fresh ginger root
- 2 Tbsp cold water
- 1 Tbsp low-sugar, seedless raspberry jam
- ½ tsp coconut extract (or up to 1 tsp for more flavor)
- 8 oz store-bought angel food cake, cut into 8 slices
- ½ cup unsweetened coconut flakes, toasted

Combine mango, orange and its juices, 1 pint raspberries, and ginger in a medium bowl; set aside. • Place remaining pint raspberries, water, jam, and extract in a blender or food processor; puree until very smooth. • Serve cake with fruit salad on side; drizzle with sauce and sprinkle with coconut. • Yields 1 slice cake, ½ cup fruit salad, 1 Tbsp sauce, and 1 Tbsp coconut per serving.

Recipe © Weight Watchers International, Inc. All rights reserved. Photo by Kate Sears.

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