

Gented nutritionists told what factors affect weight loss and why you may not succeed in losing weight.

Lack of calorie deficiency. According to studies, we often over 20% or more overestimate our daily calorie consumption, especially when we try to lose weight. Even when using special applications, these data can be inaccurate.

Change in metabolism. For a long time, those who eat calorie deficiency have a significant decrease in energy consumption at rest. This means that the body can itself prevent further weight loss.

Bad sleep. Lack of sleep can cause an increase in the level of the hormone, which is responsible for the feeling of hunger, and a decrease in the level of the hormone associated with satiety.



Eatewell

Lack of protein. Preservation of muscle mass during weight loss can be useful, since the muscles burn more calories at rest. If you do not eat enough protein, then weight loss occurs along with muscle loss.

Problems with hormones. An increased level of insulin, which often occurs with diseases such as insulin resistance or polycystic ovary syndrome (SPKU), complicates the burning of fat with the body as a fuel.

News -in -law materials cannot be equated to the doctor's prescription. Before making a decision, consult a specialist.