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# **Shifting Weight, Supplements And FDA Consulting**

You have subscribed to the best nutrition weight loss magazines and have practically borrowed all the books containing that topic from the local library in the hope of achieving the desired weight naturally. It can take much longer to do your weekly shopping when you have to inspect every food label. But just because the label says that the food is 'low fat' does not mean it is good for you.

Mistake 1: You assume that what you eat and drink is good enough.

This is a very common nutrition weight loss mistake. People believe everything that the advertisers tell them. Just because there are few calories in a food does not mean it is nutritious. Processed foods cannot replace fresh produce. The processing means that some benefits in the food are lost. Fruit fresh from the tree or ground is better than fruit juices as they are often packed with sugar. There are preservatives and sugar in juice that you do not find in fresh pieces.

Mistake 2: Over-eating and Under-eating.

These are two contrasting situations in nutrition weight loss schemes. Even if you stick to low-carb, low-fat diets, if you eat too much you will still see weight gain instead of loss, You will also put more weight on if you eat too little, as your body will store the fat because it thinks you are starving. eat regularly but have small portions, this is better than two or three large meals.

Mistake 3: Using numerous supplements.

Supplements can be of vitamins, minerals and other compounds our body needs. But taking too many supplements or those which have not been through [FDA consulting](#) can do more harm than good. Vitamins should be prescribed by a doctor and should not be solicited from just about anybody including the sales person in the local pharmacy.

What works for you, may not work for your mother, this is the problem with structured weight loss programmes. If you have a lot of weight to lose, your first step should be to seek medical advice.

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