

## Workshop: Does Calorie Counting Work?

### Calorie counting does nothing to develop positive behavior change...

Behavior change might not be sexy, but it is necessary if you want to get healthier and or achieve your ideal body weight. Most diets depend on calorie-counting, which is a dreadful activity that sucks the joy out of eating.

### Here are 6 reasons why you should stop counting calories:

1. Counting calories encourages seeing “low-cal” as synonymous to “healthy”. (More to healthy eating than calories)
2. You’re probably underestimating your portion sizes anyway. (ie. Do you really know what 6 oz. vs. 8 oz., or the difference between ½ cup and 1 cup looks like? And how convenient is searching for food data anyway?)
3. Calorie counting stresses you out. (ie. Low cal diets increase your cortisol and lead to weight gain)
4. Calories are not created equally. It’s quality vs. quantity. (ie. Every macronutrient has a different effect on your metabolic rate and how fulfilled you are after every meal.)
5. Calorie counting does not address the root causes of being overweight. (ie. Hormonal, stress, habit, loneliness, comfort, trauma, protection)
6. Calories are often labeled incorrectly and inaccurate due to seasonal variation, food prep methods etc.

Bonus: Restricting calories lead to slower metabolism, hunger, cravings, bingeing, lowered leptin (one of a cluster of hormones that control hunger), and increased ghrelin (hormone that makes one hungry).

Check out what effect it had on “The Biggest Loser” contestants.

[http://www.nytimes.com/2016/05/02/health/biggest-loser-weight-loss.html?\\_r=0](http://www.nytimes.com/2016/05/02/health/biggest-loser-weight-loss.html?_r=0)