

20 Stumbling Blocks On The Road To Weight Loss

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[How To Lose Weight Calories](#)

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[Stumbling Blocks On The Road To Weight Loss](#)

I Cannot Lose Weight - Stumbling Block #1 - Unrealistic Expectations

If this is you saying "I cannot lose weight!" it is possible that you have tripped over one of the many stumbling blocks on the road to weight loss. To help you I'm starting a series today to show you the stumbling blocks and how to overcome them.

I Cannot Lose Weight - Stumbling Block #1 - Unrealistic Expectations

When you are crying out "I cannot lose weight!" the very first stumbling block you have to be aware of is unrealistic expectations. You have to be aware of what is possible and what is simply not going to happen!

Keep in mind that it is simply not possible to lose 10 pounds in one week. There may be diets that say you can, but it is not possible. If you go on one of these Fad Diet Plans you may "appear" to lose a lot of weight, but it is not fat, it is water and muscles.

Now you do not want to lose muscles as it slows down your metabolism and the water will just be replaced as soon as you eat normal again. In the long run Fad Diet Plans may even make you gain weight as your metabolism slows down and you gain weight much faster and losing it becomes more and more difficult.

So, this is why I say an unrealistic expectation is the first stumbling block in the road to weight loss. If you really want to lose weight permanently you have to eat sensible. Go to the page [How To Lose Weight Calories](#) and you will get some easy ways you can reduce calories without slowing down your metabolism

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I Cannot Lose Weight - Stumbling Blocks On The Road To Weight Loss - Stumbling Block #2 - Skipping Meals

If you are saying I cannot lose weight, it is very possible that you are stumbling over one of the stumbling blocks on the road to weight loss. With good advice and the right diet you will never have to say I cannot lose weight again.

I have already discussed the stumbling block #1 which is unrealistic expectations.

Today the stumbling block #2 is skipping meals.

Very often when people are on a diet they think they will lose weight faster if they start skipping meals. Well, nothing can be further from the truth. Skipping meals is one of the surest ways to fail with your weight loss efforts.

There are three reasons why skipping meals are one of the most important stumbling blocks on the road to weight loss.

- 1.** When you start skipping meals, chances are that you will get very hungry and be tempted to eat something that will not do your diet any good. Skipping meals often leads to a lack of self discipline and then you go completely overboard ruining whatever success you have had.
- 2.** By skipping meals you reinforce the problem of I cannot lose weight, because you will not be getting all the nutrition your body needs. To stay healthy your body needs certain kinds of food in certain proportions and if you skip a meal you will not get it. Do not listen to any How To Lose Weight Tips that tell you to skip meals! For successful weight loss you have to eat a Healthy diet.
- 3.** If you start skipping meals, and you do not fall into the two traps mentioned above, the possibility is very good that you will not eat enough. We all know that in the quest of How To Lose Weight, Calories have to be reduced, but if you eat too little it can have a very negative effect on you. Your body sees a famine coming on, slows down your metabolism to preserve energy for vital organs and weight loss becomes more and more difficult.

So, do not fall into this trap and trip over the second stumbling block on the road to weight loss. It is sure to have you saying: "I Cannot Lose Weight!"

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I Cannot Lose Weight - Stumbling Blocks On The Road To Weight Loss - Stumbling Block #3 - Weekends

If you are having a problem with losing weight, and if you are saying "I cannot Lose Weight" it is possible that one or many of the common stumbling block on the road to weight loss is your downfall. You know that when you are thinking about slimming down and How To Lose Weight, Calories are important, but the stumbling blocks are tripping you!

Very often we are not aware of all the stumbling blocks on the road to weight loss and that can make things very difficult. If you know what to lookout for it becomes easier. So, today we are looking at stumbling block #3.

OK, so here we go with stumbling block #3: weekends

I think this is one of the most important ones and it can really trip you if you are not prepared! Wait for it.....WEEKENDS!

Yes, I have said weekends. How many of us do not give in to temptation on a weekend. Everyone is having fun, going out fro drinks or having a barbecue and very soon you feel left out and sorry for yourself. That is a sure way to throw caution to the wind and eat what you feel like.

If you have a serious problem and if you are saying "I cannot lose weight!" look at weekends. Very often that is the stumbling block you're tripping over. Never go into a weekend unprepared. Have a plan that includes a few "legal" treats.

We all know that visiting friends over a weekend can really be a problem. They are bound to prepare something and them you feel bad not to eat. Prevent this from happening by informing them before hand that you are on a diet and that you will be bringing your own food. That is the only sure way to make sure you do not cheat.

Keep in mind, this is not forever. As soon as you have lost all the weight you need to lose you can eat normal again as long as you keep healthy eating principles in mind and exercise proper portion control.

So, if you are saying "I cannot lose weight" maybe you are tripping over stumbling block #, weekends. Have a plan, be prepared and it will not happen.

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I Cannot Lose Weight - Stumbling Blocks On The Road To Weight Loss - Stumbling Block #4 - Sodas

So often when someone is saying: "I cannot lose weight!" it is because they are stumbling over one of the stumbling blocs on the road to weight loss. It is very often the little mistakes we make that result in us saying desperately "I cannot lose weight!"

Now we move on to stumbling block #4 which is SODAS!

Yes, sodas are one of the major stumbling blocks on the road to weight loss if you are saying "I cannot lose weight" A normal soda simply crawls with calories and we all know that in How To Lose Weight Calories are very important. You have to reduce the calories in order to get rid of those unwanted layers of fat and extra pounds on the scale!

When you drink one soda, which contains nothing but "empty" calories, you have to leave out some food to compensate for the calories you took in with the soda. Now that means you will not be eating enough and you will get very hungry. This in turn can eat away at your self discipline and cause you to cheat.

The other factor to keep in mind with sodas is that if you cut down on food to accommodate the calories in the soda your body is missing out on valuable nutrients. This is not good for your health and once again, bad health will lead to you cheating at least and more likely it will lead to you giving up on your diet.

So, next time you reach for that soda keep this in mind. You really do not need that unhealthy drink in your life. There are many other healthy alternatives that you can enjoy without the extra calories. Best of all is water. Plain, pure and healthy water is what your body needs; give it to your body. There are also lots of very tasty herbal teas that you can enjoy without adding any extra calories to your diet.

If you are desperate and you are saying: "I cannot lose weight!" maybe sodas are the stumbling block on your road to weight loss.

I Cannot Lose Weight - Stumbling Blocks On The Road To Weight Loss - Stumbling Block #5 - Diet Sodas

The stumbling blocks on the road to weight loss are many if you are saying: "I cannot lose weight!" Knowing the stumbling blocks can help you steer clear of them and will ensure your weight loss success.

I think we all know that when you are thinking about how to lose weight, calories are not the whole picture. To be successful involves a good diet, some exercise and a positive attitude.

[OK, so let's move on to stumbling block #5: Diet Sodas!](#)

Yes, you have read right. Diet sodas are one of the biggest stumbling blocks on the road to weight loss. I can hear you asking "how can that be?" Well, because it throws your body's fat burning hormones out completely.

When you first drink a diet soda your body registers the "sweetness" and goes into gear to burn the calories that are supposed to be in the drink. Of course, there are no calories to be burned. After a while your body gets the message and sweetness does not register at all. This means that donut you just had goes by completely undetected by your body!

I think you can see very clearly how that can have a major effect on your weight loss efforts.

Another problem with diet sodas, and any artificial sweeteners for that matter, is that your body starts craving sweetness. You are only giving it promises and not the real thing. You will find later on that nothing is sweet enough for you any more. You have thrown your body's mechanisms out completely and you are going to pay dearly for it!

So, even though a diet soda will not do any harm in very limited quantities, it is a ticking time bomb in your weight loss efforts. It is far better to go with something healthy that will give your body the nutrition it needs than filling it up with "nothing" that is going to get the cravings going.

One more thing, it is also not absolutely sure yet that artificial sweeteners are healthy and it is therefore best to steer clear.

So, if you are saying "I cannot lose weight" do not stumble over this stumbling block on the road to weight loss.

[Stumbling Blocks On The Road To Weight Loss](#)

I Cannot Lose Weight - Stumbling Blocks On The Road To Weight Loss - Stumbling Block #6 - Fad Diet Plans

So many people say "I cannot lose weight!" because they stumble over one or more of the stumbling blocks on the road to weight loss. It is so easy to throw it all away because of one simple thing you are doing wrong.

To prevent you from ever having to say "I cannot lose weight" again you have to know what the stumbling blocks are so that you can be prepared for them and have a plan to cope. If you are prepared it is easier to avoid these stumbling blocks.

I cannot lose weight - stumbling block #6 - fad diet plans

Fad diet plans are a sure way to fail at your weight loss efforts. If you are saying "I cannot lose weight" it is very possible that you have been on one of these fad diet plans. With these fad diet plans you may lose weight initially, but once you eat normal you will gain all the weight again.

Why does that happen with the fad diet plans?

Well, the easy answer is that you eat too little, you are not eating a wide variety of foods and you cannot exercise.

If you eat too little, your body goes into starvation mode and slows down your metabolism to preserve energy for vital organs. This of course means that you will find it more and more difficult to lose weight. A lot of the weight you lose will also be water and once your body re-hydrates the weight comes back again.

Eating a variety of foods is very important to ensure your body gets all the nutrition it needs. If you only eat one kind of food all the time your health is going to pay the price.

Another problem with fad diet plans are that you cannot exercise while you are on them as you are not eating enough to exercise with safety. Exercise is always a very important part of weight loss and a healthy life style. If your diet prevents you from exercising it is not a good diet.

So, as far as I'm concerned stumbling block #6 on the road to weight loss is fad diet plans. If you have been on a fad diet before it is very possible that you are saying "I cannot lose weight"

We all know that in How To Lose Weight Calories needs to be reduced, but a fad diet plan is not the way to go.

Stumbling Blocks On The Road To Weight Loss

I Cannot Lose Weight - Stumbling Blocks On The Road To Weight Loss - Stumbling Block #7 - Not Being Prepared

"I Cannot Lose Weight!" Is this you? So often you really battle to lose weight because you are stumbling over one or more of the many stumbling blocks on the road to weight loss. If you are saying "I cannot lose weight!" maybe you are stumbling over one of these stumbling blocks.

We all know that to lose weight you have to watch what you are eating. In How To Lose Weight Calories do play a role, but it is not the only aspect to keep in mind. Even with a good diet such as Fat Loss 4 Idiots you can still stumble over one of these many stumbling blocks on the road to weight loss.

Stumbling Blocks On the Road To Weight Loss - Stumbling Block #7 - Not Being Prepared:

This is one of the BIG stumbling blocks on the road to weight loss, not being prepared. You have to make sure you are prepared for the day ahead of you. When you are shopping you have to make sure you shop for the food you will need on your diet.

It may sound like a minor detail, but it is not. If you are not prepared it is very easy to cheat. Getting home late and hungry without any food suitable for your diet available is sure to make you eat something you are not supposed to eat.

So the golden rule here is that you have to be prepared for anything that may come up. Have meals ready that you can simply reheat and eat when you are tired and hungry.

This works, I know it does because I did it for my daughter in law. I cooked her meals with the correct kinds of foods and portions in it and she kept it in her freezer. Now, whenever she was too tired to cook or it was too late, she could simply reheat one of these meals and she was ready to eat.

I made sure I included lots of "free" veggies in these meals so that they would be really filling and healthy. It works like a dream; she reached her goal weight in record time.

So, you can believe me, this is one of the stumbling block on the road to weight loss that you can easily avoid with a little planning.

Stumbling Blocks On The Road To Weight Loss

I Cannot Lose Weight - Stumbling Blocks On The Road To Weight Loss - Stumbling Block #8 - Dining Out

Often when someone says: "I cannot lose weight" it is because the person is stumbling over one or more of the stumbling blocks on the road to weight loss. By knowing these stumbling blocks and avoiding them it is possible to lose weight and then it will never be necessary to say "I cannot lose weight" ever again.

We all know that in how to lose weight, calories do play a role, but there is far more involved in the process.

Now for stumbling block #8 on the road to weight loss - dining out:

It is very difficult to stick to your diet if you are going to dine out. In a restaurant you have to know what you are ordering and when you are invited to dinner with friends at their home you have to try and make the best choices possible.

This being said it is not all that easy, I know. In a restaurant it is embarrassing to ask exactly what is in a dish and when you are visiting friends it can be simply rude to ask questions about every dish.

So, what to do? Well, you have to train yourself to make good choices. You have to look at what is available and make the best choice under the circumstances.

If you know which restaurant you will be visiting you can always ask them for a menu in advance so that you can plan your meals for the day taking the menu into account. Many restaurants will be only too happy to help you.

If a restaurant has low fat starters on their menu, it is a good idea to order it as it will prevent you from feeling "left out" and it will fill you up a little so that you are not so very hungry when the main course arrives. For dessert you can always go for a fresh fruit salad or simply have a black coffee to enjoy while the others have their dessert.

Always try and order low fat as far as possible. Go for steamed fish and do not eat chips with it but instead ask for a salad with the salad dressing on the side. With the salad dressing on the side you can at least control the amount.

When dining at a friends place, eat a little of everything, but stock up more on the dishes that look "save" to you. You have to learn how to identify the best of the alternatives available.

Of course, if you are dining with very close friends that know you are on diet you can simply ask. Your friend will in all probability try and have food that you can eat available. You may even tell her when you get the invitation. Remember, I friend will love to help and support you in your weight loss efforts.

So, as you can see, with a little planning you do not have to stumble over this stumbling block on the road to weight loss.

Stumbling Blocks On The Road To Weight Loss

I Cannot Lose Weight - Stumbling Blocks On The Road To Weight Loss - Stumbling Block #9 - Lack Of Exercise

If you are saying "I Cannot Lose Weight" and you are looking for that all illusive Fat Loss Secret it is possible that you are stumbling over one or more of the stumbling blocks on the road to weight loss.

There are many stumbling blocks and unless you are aware of them, and know how to avoid them, they will make losing weight very difficult if not impossible.

Stumbling block #9 - Lack of exercise:

Unfortunately a lack of exercise can really make weight loss very difficult. This does not mean you have to go and run a marathon, it simply means you have to work some moderate exercise into your daily routine.

For the maximum results it is best to do cardio as well as resistance training. The cardio helps with burning some extra energy and the resistance training builds muscle and speeds up your metabolism permanently.

Do not get upset if your weight loss slows down when you start building muscle. Muscle weighs more than fat and when fat is replaced with muscle weight loss slows down temporarily until all the fat has been replaced by muscle. Even during the period when your "weight loss" slows down you will continue losing inches.

OK, so if you are saying "I cannot lose weight" or if you are looking for that all illusive Fat Loss Secret, make sure you do not stumble over this stumbling block on the road to weight loss.

I Cannot Lose Weight - Stumbling Blocks On The Road To Weight Loss - Stumbling Block #10 - Friends

There are many stumbling blocks on the road to weight loss and if you are saying "I cannot lose weight" you are probably stumbling over one or more of the stumbling blocks on the road to weight loss.

We all know that in How To Lose Weight Calories are very important, but it is not all. There are many other factors that can contribute to your success or failure in losing weight.

[Now for stumbling block #10 on the road to weight loss: Friends](#)

Yes, you are reading it right, I said friends can be one of the stumbling blocks on the road to weight loss. Of course you now think I have lost it as I have previously said friends can help! That is true, friends can help you in your efforts to lose weight, but friends can also be a major stumbling block on the road to weight loss.

Think about it, we all have those friends that say, "just one little piece of cake is not going to be so serious" or even "you're a real spoil sport" or "one time will not matter" or whatever they come up with. Unfortunately we will always have those that make things more difficult. You would think friends would want to help you, unfortunately if you want to lose weight, friends do not always help you and very often they are one of the major stumbling blocks on the road to weight loss.

So, if you are saying: "I cannot lose weight" make sure you do not stumble over this stumbling block on the road to weight loss. Prepare yourself to be firm and not to give in to friends nagging you to "cheat." It is your body, and it is your weight loss efforts do not let others stand in your way.

Be prepared at all times. Have the right food at hand and when you visit people make sure you make the right and healthy choices. In a very short while all your friends will know they cannot persuade you to "cheat" and they will stop bothering you. You will find that in time your friends will make sure they have the right kinds of food available when you visit and they will no longer be a stumbling block on your personal road to weight loss.

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I Cannot Lose Weight - Stumbling Blocks On The Road To Weight Loss - Stumbling Block #11 - Fruit

So many are saying I cannot lose weight because they are stumbling over one or more of the stumbling blocks on the road to weight loss. It is so easy to stumble over some of these stumbling blocks if you are not aware of them. Some look so innocent and some even healthy, yet they can really derail you cause you to say in desperation "I Cannot Lose Weight!"

If you want to lose weight you have to keep in mind that in How To Lose Weight Calories still counts and you have to know how to avoid eating too many calories without realizing it. It does not mean that only because something is healthy you can eat as much of it as you wish. You must also not fall into the trap of Fad Diet Plans.

[Now onto stumbling block #11 on the road to weight loss - Fruit!](#)

Yes, fruit! Fruit is healthy and good for you. You have to eat at least three portions of fruit a day while you are on a diet, but the problem creeps in with portion control.

Keep in mind that a "portion" is the normal size a fruit will be served in. Do not think it is OK if you eat very large portions as it will result in you eating too many calories and that will prevent you from losing weight.

So, make sure that you rather err to the side of smaller than bigger. You can really pig out on fruit again once you are on your goal. For now, you have to eat your fruit but make sure you do not eat big portions.

Some kinds of fruit are also better options than others. You can eat almost unlimited amount of strawberries, for instance, but it is not a good idea to eat more than one banana a day.

Making sure you eat the correct portions of fruit will go a very long way in preventing you from saying "I cannot lose weight!" So not stumble over this stumbling block in the road to weight loss. Fruit seems like a good choice, but if you are not careful it can become a stumbling block.

I Cannot Lose Weight - Stumbling Blocks On The Road To Weight Loss - Stumbling Block #12 - Fruit Juice

I hear this all the time! "I cannot lose weight!" And no wonder, there are so many stumbling blocks on the road to weight loss that it is easy to stumble over one or more of them. Sometimes it can even be something "healthy" as fruit as we saw yesterday.

We have to keep in mind that in the end, to really lose weight, if you are thinking about How To Lose Weight Calories have to be reduced. So, if you eat too much of anything, you will not lose weight.

[And now on to stumbling block #12 on the road to weight loss, fruit juice!](#)

I know fruit juice is healthy, but it is also crawling with calories and if you are not careful a diet that contains too much fruit juice can make you gain weight.

Drinking your fruit when you are on a diet is never a good idea and it may very well be the reason why you are saying "I cannot lose weight!" When you eat the fruit the extra fiber is good for you and it fills you up making you feel satisfied for longer. So, rather than a glass of orange juice rather eat an orange and instead of a glass of apple juice rather eat an apple!

So, this is a stumbling block on the road to weight loss that is the reason why many say "I cannot lose weight" and you should make sure that you do not stumble over it. Eat your fruit and for your thirst drink healthy, pure, clean and no-calorie WATER!

I Can't Lose Weight - Stumbling Blocks On The Road To Weight Loss - Stumbling Block #13 - Lack Of Sleep

So many people are saying "I can't lose weight!" because they are stumbling over one or more of the stumbling blocks on the road to weight loss. It is possible to have all the knowledge you need but still to stumble over one of these stumbling blocks on the road to weight loss. So, if you are saying "I can't lose weight" it is very possible that you are stumbling over one or more of these stumbling blocks on the road to weight loss.

So, if you are still saying "I can't lose weight" here is another possible stumbling block on the road to weight loss you may be stumbling over - [Lack Of Sleep](#)

If you are saying "I can't lose weight" you probably think I'm crazy to mention lack of sleep as one of the possible stumbling block on the road to weight loss! It is one of the big stumbling blocks, though.

A lack of sleep and the tiredness that goes with it eats away at your self discipline and can very easily be the reason for you throwing caution to the wind. When you are tired it is very easy to say: "what the heck!" and eat what you feel like and not what you have to, especially if the "illegal" food is readily available and you have to prepare the proper food for your eating plan.

This is another reason why I said previously you have to be prepared and that not being prepared is one of the stumbling blocks on the road to weight loss. Even if you are tired, if the correct food is available and ready to eat your chances of cheating is smaller. If you are very tired though, you may crave carbs and eat what you are not supposed to in any case.

So, if you are saying: "I can't lose weight" make sure you are not stumbling over this stumbling block on the road to weight loss and make sure you get enough sleep.

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I Can't Lose Weight - Stumbling Blocks On The Road To Weight Loss - Stumbling Block #14 - Stress

I can't lose weight! Is this you? If it is you, it is very possible that you are stumbling over one or more of the stumbling blocks on the road to weight loss. Very often when someone is saying "I can't lose weight" it is the reason. You have knowledge, but you are stumbling over the stumbling blocks and that is keeping you back.

Stumbling block #14 on the road to weight loss is stress!

Yes, stress. But I cannot do anything about that! I can hear you saying it. Often it is true. Your life has the stresses it has, but you can be aware of it and be prepared to deal with it in another way than going on a binge.

Keep healthy, non fattening activities and treats ready that you can use to de-stress before you eat something you are not supposed to eat. So often when we are tired we grab for the instant "lift" that chocolates or carbohydrates can give us. This is when the stress starts ruining your weight loss efforts and before you know it you have well and truly stumbled over this stumbling block on the road to weight loss.

Every person is different, but we all have some activity that we really enjoy and that can take our minds off the stresses of life without eating or drinking something we are not supposed to eat and drink.

One thing you have to be careful of is that whatever the activity is that you enjoy, it should not have an underlying connection to food. An example that jumps to mind is something like a movie with the popcorn and coke that goes with it! If you love movies, and you budget with your calories for the popcorn, then it will not be a problem. Try and avoid the coke though as there is not a really good substitute for it as a diet coke is not a good idea.

Well, I think you will agree with me that stress can really be a stumbling block on the road to weight loss. This can really be the reason why you are saying "I can't lose weight!" With good planning though, it can easily be avoided.

I Can't Lose Weight - Stumbling Blocks On The Road To Weight Loss - Stumbling Block #15 - Not Drinking Enough Water

If you are saying "I can't lose weight!" it is possible that you are stumbling over one or more of the stumbling blocks on the road to weight loss. So, even if you know what you have to do, you may well be stumbling over one or more of these stumbling blocks on the road to weight loss.

[Today's stumbling block on the road to weight loss, stumbling block #15 is not drinking enough water:](#)

When you are trying to lose weight, drinking enough water is very important. Your body cannot process the fat properly if you do not drink enough water. This is really an important fat loss secret.

If you do not drink enough water, your kidneys cannot work properly and your liver has to pitch in to help the kidneys getting rid of wastes. Now if this happens, your kidney cannot make a proper job of processing the fat and that can hampers your weight loss efforts.

This is one of the reasons why it is very good to drink at least 8 glasses of water every day. Water is calorie free; it contains no fat or cholesterol and is a good appetite suppressant. So, in weight loss water is one of your biggest allies!

This must be one of the easiest stumbling blocks on the road to weight loss to avoid. Simply drink up!

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I Can't Lose Weight - Stumbling Blocks On The Road To Weight Loss - Stumbling Block #16 - Eating While Watching TV

We are looking at all the stumbling blocks on the road to weight loss that may be the reason why you are saying "I can't lose weight!" It may just be that you are stumbling over one or more of the stumbling blocks on the road to weight loss such as today's - Eating While Watching TV.

[So, here is a look at stumbling block #16 on the road to weight loss - eating while watching TV:](#)

This may sound a little ridiculous, but it is never the less a very important stumbling block on the road to weight loss if you are saying "I can't lose weight."

When you eat in front of the TV you are not really aware of what you are placing in your mouth. This means that it is very easy to overeat in front of the TV.

Eating in front of the TV can be a stumbling block on the road to weight loss for two reasons:

- 1.** If you eat your meals in front of the TV you may be left unsatisfied and you may eat more. Eating more means more calories and as we all know in How To Lose Weight Calories have to be reduced.

You are not paying attention to what you are eating and you are probably not chewing your food properly. The end result is that you eat too fast and your food is finished before your blood sugar has had a chance to rise. You have also not tasted the food and you did not get the satisfaction from the eating you should.

Both these possibilities can result in you going for seconds and eating way too much.

- 2.** Snacking in front of the TV can leave you totally unaware of how much you have actually eaten!

It is very easy to sit in front of the TV and place food in your mouth for hours without even knowing it. At the end you find to your shock that you have finished a whole container of ice cream or a HUGE packet of crisps.

So, eating in front of the TV is definitely one of the major stumbling blocks on the road to weight loss and it may be the reason why you are saying: "I can't lose weight!" Make it a rule to never eat in front of the TV and you will not stumble over this stumbling block on the road to weight loss.

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I Can't Lose Weight - Stumbling Blocks On The Road To Weight Loss - Stumbling Block #17 - Snacking

If you are saying I can't lose weight it is possible that you are stumbling over one or more of the Stumbling Blocks On The Road To Weight Loss.

We have looked at quite a few already and now we have to pay attention to Snacking.

[Stumbling Block #17 On The Road To Weight Loss - Snacking:](#)

Snacking can be a BIG stumbling block on the road to weight loss. It is not because snacking is wrong, on the contrary, but because people snack wrong!

You have to plan your snacks as part of your day's total consumption. As we all know when we are thinking about How To Lose Weight Calories are very important.

You cannot go and eat three HUGE meals and than still snack in between. Your snacks need to be part of your planning.

It is actually very good to eat three moderate meals a day and supplement it with three small snacks. It is only unplanned snacks that are one of the stumbling blocks on the road to weight loss that you can stumble over.

It is also important to pay attention to your snacks. The snacks have to be healthy, low in fat and calories. An ideal snack will contain no more than 100 calories. And remember, those calories from part of your calories for the day!

When it comes to snacking it is even more important to be prepared than with your meals. You have to make absolutely sure you always have a suitable snack available. If you don't, chances are you will cheat when you get the nibbles.

Suitable Snacks:

- A small fruit
- Fat Free yogurt
- Plain digestive biscuits
- Low fat cheese
- Water crackers
- Low fat cereal with skim milk (yes, you can have it as a snack!)
- Crudités with a low fat or fat free dip made from yogurt and herbs

These are just a few suggestions. You can come up with your own list as long as it fits in with your daily eating plan and you budget the necessary calories for it.

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I Can't Lose Weight - Stumbling Blocks On The Road To Weight Loss - Stumbling Block #18 - Lack Of Motivation

[Lack of motivation](#) can be a huge stumbling block on the road to weight loss. It is sometimes easier to say "I can't lose weight!" and believe yourself.

If you do not get a way to motivate yourself the slightest setback will be enough to make you quit. The problem is there is always going to be setbacks when you are trying to lose weight. So, you cannot say: "I can't lose weight!" because of a small setback.

An important setback is the dreaded plateau! If you have a lot of weight to lose you are bound to reach a plateau at some stage or the other, it is then that you will have to be very motivated to work through the plateau.

I find that the best way to stay motivated, during the weight loss process, is to set yourself some small goals as you go. This is especially important if you have many pounds to get rid of. Your final goal may be a long way off and if you do not get something in between, losing your motivation can very easily be the result.

With the small goals you set for yourself, allow yourself a small, non-food, treat when you reach these smaller goals. The treat can be anything you will enjoy that does not include food. Treat yourself to a manicure; try a new hairstyle, anything that you will enjoy.

So, if you do not want to stumble over this stumbling block on the road to weight loss, you will have to think of plans to keep yourself motivated. Without motivation stumbling over one of the other stumbling blocks is also more likely to happen.

Set your goals, go for it and motivate yourself with small a reward that does not include food.

[Stumbling Blocks On The Road To Weight Loss](#)

I Can't Lose Weight - Stumbling Blocks On The Road To Weight Loss - Stumbling Block #19 - Fast Food

If you are saying "I can't lose weight!" it may be that you are stumbling over one of the stumbling blocks on the road to weight loss. The stumbling block #19 is a very obvious and well known one, yet many stumble over it time and again.

[Stumbling block #19 on the road to weight loss is fast food.](#) I know we all know fast food is not good for you and that you should not eat fast food when you are trying to lose weight. What many does not know is HOW bad fast food is for you weight loss efforts.

We all know that if you are thinking about How To Lose Weight Calories have to be reduced. Well, with fast food it is almost impossible to reduce your calories. Only one fast food meal will use up your entire day's calories without providing you with any food nutrition.

So, do not think you can slip in a few fast food meals a week and still lose weight. It will play havoc with your diet and you will not get the nutrition you need. Remember, you have to reserve all your calories for the healthy fruit and vegetables you have to eat.

Fruit should always be part of a healthy weight loss diet, but fruit is also high in sugar. This means that if you are going to eat fast food, fruit will have to be scrapped from your menu and that is not a good idea.

Another problem with fast food is their fat content. Fast food ALWAYS has lot of fat in it. Everything is prepared with fat. The fries, the hamburger and the sauce! So, you will then also have to cut all other fat from your meals resulting in very tasteless meals you will not want to eat.

It does not matter how you look at it, fast food simply does not have any place in a healthy weight loss diet and can be a MAJOR stumbling block on the road to weight loss that you may stumble over.

Have a look at all the other stumbling blocks we have discussed already: [Click Here](#)

[**Stumbling Blocks On The Road To Weight Loss**](#)

I Can't Lose Weight - Stumbling Blocks On The Road To Weight Loss - Stumbling Block #20 - Bad Portion Control

Very often when someone is saying "I can't lose weight" it is because they are stumbling over one or more of the stumbling blocks on the road to weight loss. You may have all the knowledge, but these stumbling blocks still make you stumble and prevent proper weight loss.

Today's stumbling block is bad portion control. This is stumbling block #20 of the stumbling blocks on the road to weight loss. It is a vital part if you are thinking about How To Lose Weight Calories.

[Stumbling Blocks On The Road To Weight Loss - Stumbling Block #20 - Bad Portion Control:](#)

I know bad portion control may not seem such an issue, but you will be surprised how it can hamper your weight loss efforts. Without proper portion control it is easy to eat way too much without even knowing it!

In today's society where all portions are "UP-SIZED" we can lose track of what a proper portion looks like. We simply do not know what a portion of potatoes or a portion of meat is supposed to be.

Now, if you eat a little too much of every food you eat during the day you can end up going way over your calorie allocation for the day. It can happen very easily. Very often we are not even aware of how our portion sizes increase our calorie consumption.

For many years you would have heard people say that a proper "portion" is the size you would normally serve a certain kind of food. Now that is not valid anymore as "normal" portions have become too big. I mean, how many people know that a slice of bread should only weigh about one ounce?

A portion of apple is about 3 1/2 ounces and a portion of banana should not be bigger than 2 1/2 ounces! So you can see how we are eating too much without even knowing it. I find, for instance, that with most of the sliced bread we get in South Africa one slice is actually two portions. Now imagine that! You think you are eating one slice of bread and actually you are eating two!

So, if you do not want to stumble over this stumbling block on the road to weight loss you must take the time to learn what a proper portion of all your favorite foods are. If you do not you will forever be saying "I can't lose weight!"

[Stumbling Blocks On The Road To Weight Loss](#)