



---

# Not Eating Enough for Weight Loss? Watch for These 7 Signs.

## Description

When aiming to shed excess weight, it may seem logical that a larger calorie deficit would yield better results than a modest one. However, research indicates otherwise. Consuming too few calories can actually hinder weight loss efforts, particularly in the long term.

Surprisingly, ensuring you receive an adequate amount of calories and nutrition is crucial for fueling healthy weight loss. This also helps in recognizing the signs of under-eating.

## The Relationship Between Under-eating and Weight Gain

While consuming fewer calories than your body burns leads to weight loss, extreme calorie reduction is not recommended. Studies reveal that drastically cutting calories can diminish your body's energy expenditure, slowing down your metabolism and impeding weight loss progress.

This calorie restriction can elevate hunger hormones, making you feel hungrier. Even after shedding weight, this reduced energy expenditure and heightened hunger persist, leading to potential weight regain.

Establishing a calorie target that creates a sufficient deficit for weight loss without being overly restrictive can be challenging on a weight loss journey.

When is High Protein Too Much Protein | MyFitnessPal

Here are seven indications that you may not be consuming enough to support weight loss and overall well-being.

### 1. Feeling Anxious

A study on young adults found that extreme dieters experienced depression and anxiety. Prioritizing adequate nutrition to support mental health is imperative during weight loss.

---

## Vocabulary List:

1. **Calorie** /'kæləri/ (noun): A unit of energy that is used to quantify the amount of energy provided by food when consumed.
2. **E expenditure** /'i:ɛkspən,dɪtʃər/ (noun): The amount of energy that a person uses in a given time period.
3. **Nutrition** /nju:'trɪʃən/ (noun): The process of providing or obtaining the food necessary for health and growth.
4. **Metabolism** /mə'tæbə,lɪzəm/ (noun): The chemical processes that occur within a living organism to maintain life.
5. **Hinder** /'hɪndər/ (verb): To create difficulties for someone or something resulting in a delay or obstruction.



6. **Deficit** /'defɪsɪt/ (noun): The amount by which something especially a sum of money is too small.

## Comprehension Questions

### Multiple Choice

1. Why is consuming too few calories not recommended for weight loss?  
Option: It can boost metabolism  
Option: It aids in recognizing signs of over-eating  
Option: It can hinder weight loss efforts  
Option: It leads to increased energy expenditure
2. What can extreme calorie reduction do to your metabolism according to studies?  
Option: Speed it up  
Option: Slow it down  
Option: Have no effect  
Option: Stabilize it
3. What can calorie restriction potentially lead to even after shedding weight?  
Option: Increased energy expenditure  
Option: Decreased hunger  
Option: Weight regain  
Option: Improved metabolism
4. What is crucial for fueling healthy weight loss according to the text?  
Option: Consuming few calories  
Option: Nutrition deficiency  
Option: Adequate calories and nutrition  
Option: Extreme calorie reduction
5. Why is establishing a moderate calorie target challenging during weight loss?  
Option: It is easy to determine  
Option: It is not important for weight loss  
Option: It requires extreme calorie cutting  
Option: It creates a sufficient deficit without being overly restrictive
6. What is one effect of extreme dieters mentioned in the content?



- Option: Weight loss
- Option: Improved mental health
- Option: Depression and anxiety
- Option: Increased metabolism

## Answer

**Multiple Choice:** 1. It can hinder weight loss efforts 2. Slow it down 3. Weight regain 4. Adequate calories and nutrition 5. It creates a sufficient deficit without being overly restrictive 6. Depression and anxiety

## Vocabulary quizzes

### Multiple Choice ( Select the Correct answer for each question. )

1. What is a unit used to measure the energy content of food?
  - Option: Kelvin
  - Option: Calorie
  - Option: Decibel
  - Option: Ampere
2. Which term refers to the chemical processes that occur within a living organism to maintain life?
  - Option: Metamorphosis
  - Option: Metabolism
  - Option: Melatonin
  - Option: Molecule
3. What is defined as the sudden increase in the occurrence of a disease in a specific geographic area?
  - Option: Outburst
  - Option: Outbreak
  - Option: Outcome
  - Option: Outrage
4. Which term describes a sudden and large increase in something especially a disease?
  - Option: Swivel
  - Option: Surge
  - Option: Swoop
  - Option: Swathe
5. What term refers to the ability of a disease to be transmitted among individuals?
  - Option: Tranquility



- Option: Translucency
- Option: Transmissibility
- Option: Transection

6. Which approach considers the whole person including physical mental and social aspects?

- Option: Hypothetical
- Option: Holographic
- Option: Holistic
- Option: Hydraulic

7. What term describes a disease that can spread from person to person?

- Option: Cautious
- Option: Contagious
- Option: Curious
- Option: Courageous

8. What is false or inaccurate information that is spread unintentionally?

- Option: Disinformation
- Option: Misinformed
- Option: Misinterpreted
- Option: Misinformation

9. What is the process of providing or obtaining the food necessary for health and growth?

- Option: Nourishment
- Option: Nutcracker
- Option: Nutrition
- Option: Nomenclature

10. What term describes the degree to which a substance can damage an organism?

- Option: Tenacity
- Option: Toxicity
- Option: Tranquility
- Option: Timidity

**Gap-Fill ( Fill in the blanks with the correct word from the vocabulary list. )**

11. \_\_\_\_\_ represents the total amount of energy that a person uses in a day.

12. Individuals who have been exposed to a contagious disease may be \_\_\_\_\_ to prevent the spread.

13. The evidence presented in the case was so \_\_\_\_\_ that the jury had no choice but to



convict the defendant.

14. \_\_\_\_\_ is the process by which the body breaks down food into nutrients that can be absorbed.

15. Regular exercise and a balanced diet are essential for overall health and \_\_\_\_\_

16. The concept of nature versus nurture highlights the \_\_\_\_\_ between genetic inheritance and environmental influence.

17. Some athletes use protein shakes as a \_\_\_\_\_ to their diet to enhance muscle recovery.

18. A social worker may \_\_\_\_\_ for policies that benefit marginalized communities.

19. A lack of funding can greatly \_\_\_\_\_ scientific progress in medical research.

20. The rapid \_\_\_\_\_ of information through social media can sometimes lead to the spread of false news.

**Matching Sentences ( Match each definition to the correct word from the vocabulary list. )**

|   |
|---|
| 21. A sudden and serious event requiring immediate action to handle.        |
| 22. Pressure or tension on an object system or individual.                  |
| 23. Deliberately avoiding ignoring or rejecting someone.                    |
| 24. Able to be transmitted from one person to another.                      |
| 25. A disease that can be transmitted between animals and humans.           |
| 26. Restraining or controlling something to limit or prevent its growth.    |
| 27. Attempting to sell promote or praise something.                         |
| 28. The amount by which something is too small or less than what is needed. |



29. A person who publicly supports or recommends a particular cause or policy.

30. Create difficulties for someone or something resulting in delay or obstruction.

## Answer

**Multiple Choice:** 1. Calorie 2. Metabolism 3. Outbreak 4. Surge 5. Transmissibility 6. Holistic 7. Contagious 8. Misinformation 9. Nutrition 10. Toxicity

**Gap-Fill:** 11. E expenditure 12. Quarantined 13. Compelling 14. Digestion 15. Well-being 16. Dichotomy 17. Supplementation 18. Advocate 19. Hinder 20. Dissemination

**Matching sentence:** 1. Emergency 2. Strain 3. Shunning 4. Infectious 5. Zoonotic 6. Curbing 7. Touting 8. Deficit 9. Advocate 10. Hinder

## CATEGORY

1. Health - LEVEL5

### Date Created

2024/09/06

### Author

aimeeyoung99

ESL-NEWS.COM