



Unlock Weight Loss Success: Setting Your Ideal Calorie Goal

Description

Many individuals embarking on a weight loss journey may unintentionally cut their calorie intake below what is actually necessary for their bodies. Instead of achieving quicker results by drastically reducing calories, such an approach may hinder progress.

It's important to note that a calorie target of 1,200, 1,500, or even 2,000 may not suffice for everyone, depending on factors such as starting weight and activity level. For individuals with physically demanding jobs like nursing or construction, a higher calorie intake may be required compared to those with sedentary lifestyles.

Contrary to popular belief, striving for a 1,200-calorie diet is not always ideal. Achieving essential nutrient intake at such a low caloric level can be challenging, as stated by Stephanie Nelson, the lead nutrition scientist at MyFitnessPal.

Understanding the Risks of an Inadequately Low Calorie Goal

Setting a too-low calorie goal can pose significant challenges. Such a diet may lack flexibility, making it difficult to incorporate a variety of foods essential for proper nutrition. It could also lead to muscle loss, especially with aggressive calorie deficits.

1. Lack of Flexibility

A rigid calorie goal may limit food choices and inhibit lifestyle flexibility. Having more calories available allows for a wider range of nutritious options in one's diet, according to Nelson.

Moreover, a drastic reduction in calories may necessitate abrupt dietary changes, potentially disrupting long-term adherence to the diet.

Vocabulary List:

1. **Caloric** /kə'lɔːrɪk/ (adjective): Relating to the amount of energy provided by food.
2. **Intake** /'ɪnteɪk/ (noun): The amount of food or drink consumed.
3. **Sedentary** /'sed.ən.ter.i/ (adjective): Characterized by much sitting and little physical activity.
4. **Deficit** /'defɪsɪt/ (noun): The amount by which something especially a sum of money is too small.
5. **Nutrition** /nju'trɪʃən/ (noun): The process of providing or obtaining the food necessary for health and growth.
6. **Adherence** /əd'hɪərəns/ (noun): The quality of sticking to a plan or regimen.



Comprehension Questions

Multiple Choice

1. Why may cutting calorie intake below what is necessary hinder progress on a weight loss journey?
Option: To achieve quicker results
Option: To incorporate a variety of foods
Option: To prevent muscle loss
Option: It may hinder progress
2. What factors can impact whether a calorie target of 1,200, 1,500, or 2,000 is sufficient for an individual?
Option: Starting weight and activity level
Option: Gender and age
Option: Dietary preferences
Option: Social media influence
3. Why is striving for a 1,200-calorie diet not always ideal according to Stephanie Nelson?
Option: It leads to better performance
Option: It is easily achievable
Option: It can be challenging to achieve essential nutrient intake
Option: It guarantees weight loss
4. How may a too-low calorie goal impact diet flexibility?
Option: Increase flexibility
Option: No impact on flexibility
Option: Limit food choices
Option: Enhance lifestyle flexibility
5. What can a drastic reduction in calories potentially disrupt?
Option: Weight loss progress
Option: Diet adherence
Option: Muscle gain
Option: Social interactions
6. Why may individuals with physically demanding jobs require a higher calorie intake?
Option: To achieve quicker results
Option: To prevent muscle loss



Option: To compensate for energy expenditure

Option: To lower their weight

Answer

Multiple Choice: 1. It may hinder progress 2. Starting weight and activity level 3. It can be challenging to achieve essential nutrient intake 4. Limit food choices 5. Diet adherence 6. To compensate for energy expenditure

Vocabulary quizzes

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

1. What term refers to the measurement of energy in food?

Option: Metabolism

Option: Caloric

Option: Inflammation

Option: Sensitivity

2. Which hormone is key in the preparation of the uterus for implantation of a fertilized egg?

Option: Progesterone

Option: Therapeutic

Option: Bioenergetic

Option: Neurotransmitter

3. Which condition is characterized by a decrease in bone density and quality?

Option: Intoxication

Option: Osteoporosis

Option: Perimenopause

Option: Hypersomnia

4. Which nutrient category includes carbohydrates proteins and fats?

Option: Bioenergetic

Option: Macronutrient

Option: Complications

Option: Efficacy

5. Which route of administration involves absorption through the mucous membranes?

Option: Adherence

Option: Transmucosal



- Option: Absorption
- Option: Inflammation

6. Which type of hormone therapy uses hormones that are structurally identical to those produced by the human body?

- Option: Facilitate
- Option: Therapeutic
- Option: Bioidentical
- Option: Complications

7. What term refers to the chemical processes that occur within a living organism to maintain life?

- Option: Efficacy
- Option: Metabolism
- Option: Inflammation
- Option: Macronutrient

8. Which process is the body's response to injury or infection characterized by redness and swelling?

- Option: Sedentary
- Option: Intoxication
- Option: Inflammation
- Option: Sensitivity

9. What disorder is characterized by excessive daytime sleepiness?

- Option: Perimenopause
- Option: Bioenergetic
- Option: Hypersomnia
- Option: Sensitivity

10. Which is the process of providing or obtaining the food necessary for health and growth?

- Option: Controversial
- Option: Nutrition
- Option: Complications
- Option: Efficacy

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

11. Caloric _____ must be controlled to achieve a caloric deficit for weight loss.
12. Transmucosal _____ can provide a rapid onset of action.
13. Female hormone levels change during _____ leading to symptoms like hot flashes.



14. Appropriate macronutrient _____ is essential for a balanced diet.
15. Medication _____ is crucial for treatment success.
16. The _____ of a treatment is a measure of its effectiveness.
17. Proper _____ between bioidentical and synthetic hormones is important for patients.
18. Individual _____ to certain foods can vary widely.
19. A balanced diet can _____ overall health and well-being.
20. Understanding the _____ of proper nutrition is essential for maintaining health.

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

21. Living a lifestyle can have negative effects on overall health.
22. A caloric occurs when energy expenditure exceeds caloric intake.
23. hormones are chemically identical to those the body produces.
24. The phase before can bring hormonal fluctuations and irregular periods.
25. are chemical messengers that transmit signals in the brain.
26. interventions are aimed at treating a disease or disorder.
27. The process of nutrients occurs in the digestive system.
28. If not managed properly hormone therapy can lead to .
29. The use of certain supplements in sports is due to varying opinions on their effectiveness.
30. Assessing the effects of nutrients helps understand their impact on the body.

Answer

Multiple Choice: 1. Caloric 2. Progesterone 3. Osteoporosis 4. Macronutrient 5. Transmucosal 6. Bioidentical 7. Metabolism 8. Inflammation 9. Hypersomnia 10. Nutrition

Gap-Fill: 11. intake 12. administration 13. menopause 14. consumption 15. adherence 16. efficacy 17. distinction



18. sensitivity 19. facilitate 20. significance

Matching sentence: 1. Sedentary 2. Deficit 3. Bioidentical 4. Perimenopause 5. Neurotransmitter 6. Therapeutic 7. Absorption 8. Complications 9. Controversial 10. Bioenergetic

CATEGORY

1. Health - LEVEL5

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