



Portion Control or Counting Carbs Won't Solve Your Problems

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I am going to explain why you haven't achieved your healthy eating goals. It is because the common advice is completely wrong. Have you heard statements like these?

- Losing weight is all about portion control – just eat less.
- Carbs are the problem you are fat. Limit your carbs or go keto and you don't need to worry about calories. You may also hear that your high blood sugar is what makes you hungry – cut down on the carbs and your blood sugar and hunger will automatically decrease.
- The fat you eat is the fat you wear. You must limit the amount of fat you eat to lose body fat.
- Intermittent fasting is the key to weight loss and improved health. If you do this, then you can eat as much as you want (within your eating window) and still lose weight.

These misconceptions are why I created the Hidden Laws of Habit Change. All the statements above are misleading . . . yet contain a kernel of truth. This kernel of truth is why they persist and spread like an urban legend. I'll tackle these one by one. In this blog I'll address portion control. In future blogs, I will address the other three misconceptions.

Many people think the key to weight loss is to eat a smaller quantity of food. And yes, this may work for a brief period. If you are highly motivated and seeing your weight go down on the scale each week, you may manage to starve yourself just long enough to lose weight in the short-term. But this is not sustainable. Everyone who loses weight this way eventually gains it back. This is the classic "diet" where you follow a certain protocol for a number of days, weeks, or months. You achieve your weight loss goal and then go back to eating the way you were before the diet.

I bet you can guess what happens next. You gradually gain the weight back as you go back to your old food choices and portion sizes.

Sustainable weight loss does not require portion control. It requires the use of one or more of the habit change principles I describe in the Hidden Laws of Habit Change. My portion sizes are much bigger now than when I ate a standard American diet, as you can eat large portions of fruit, vegetables, and legumes without consuming many calories.

In my next blog I will address the surprising truth about low-carb diets.

Download the [Hidden Laws of Habit Change](#) for free.