

Busting Common Myths about Weight Loss

All over the internet, you'll find different blogs that'll tell you quick and easy tips for fast weight loss. Most of these so-called tips and tricks, however, are nothing more than myths and old wives tales. On the other hand, at [SampleFitnessWebsite](#), we are committed to providing our readers quality information based solely on facts.

In order to separate fact from fiction, we've put together a list of the five most common myths that you may believe to be true.

1. Myth: Eat Only Three Big Meals



Your mom may have yelled at you for snacking in between meals, and you may have read that it's those snacks that actually lead to weight gain. The truth is that nutritionists recommend small and frequent meals, or light low-calorie snacks, to keep your energy levels up as well as your blood sugar from falling too rapidly. Start out the day with a big, healthy breakfast to fuel you in your morning and snack in between, if you want but avoid hearty meals throughout the day.

2. Myth: Fat Burning Fruits

You've probably heard popular myths about certain fruits like grapefruit, avocado, and blueberries. They say such fruits burn fat fast. But the truth is no food magically gets rid of fat. You have to follow a well thought out meal plan, along with a good workout regime to get to your dream body.