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# I Eat Less Than Others, But have Gained Weight Anyway info Write Message

Language: [Swedish](#) , [English](#) between version  and version  as HTML: To: [FAQ production](#)Latest modified by: [Jacob Palme](#) , 28 Oct 10:36**Question(s):** i

I can't understand why I weigh 112 kg. I think I eat far less than others. When I was 25, my weight was normal, but it has gradually increased to 112 at 45 years age. I am 180 cm tall. My wife is also a little plump, but less so than me. We both try to be restrictive with food.

**Identifier:** i ed-food-family**Date-created:** i 28 Oct 2003**Date-last-modified:** i 28 Oct 2003**Body:** i

The weight increase indicates that you have eaten about 35 (kilo)calories too many per day since age 25, or about 1 % too much on average. This corresponds to about 2 lumps of sugar. When overweight people are questioned about their eating and are then given only the amount stated but under controlled conditions, they usually go down quickly. It must be that they are not aware of how much they eat. It is not possible to become overweight without eating too much. In order to be more aware of how much is eaten it is a good idea to keep a daily food diary.

Your wife is also somewhat plump. This may indicate that she puts more butter, cream and sugar in the food she prepares than you are aware of.

It would help you to exercise as it contributes to using calories and the normal hunger and satisfaction feelings function better. If you exercise for at least 12 minutes per day and get the pulse up to about 130 it will be easier to manage your weight problem.

Some people cannot be slim, however much they diet, as they have large numbers of small fat cells which cannot be made smaller. Those who are overweight as children usually have this condition whereas those who get overweight later in life have fewer but larger fat cells and this applies to you.

Only a new life-style for the rest of your life will solve your weight problem. Skip sugar and saturated fat.

[Do overweight people eat more than other people?](#)

**Author:** i

[Gunborg Palme](#), certified psychologist and certified psychotherapist, teacher and tutor in psychotherapy.

**Sources, references:** ⓘ

1. The personal experience of [Gunborg Palme](#), certified psychologist and certified psychotherapist, teacher and tutor in psychotherapy.

**Required:** ⓘ

[ $\$$ eat # little] [ $\$$ not ;  $\$$ eat # much] ;  $\$$ obesity

**Priority:** ⓘ

**Optional:** ⓘ

**Forbidden:** ⓘ

**Not desired:** false

**Limit:** ⓘ 1

**Meta-description:** ⓘ

Why people can become obese even though they believe they eat very little.

**Meta-keywords:** ⓘ

psychology answers

**Contact:** ⓘ <mailto:cmc@dsv.su.se>

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**Notes:** ⓘ

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**3517.**  [Is "go up" idiomatic English for "gain weight"?](#) , [Lars Enderin](#) , 24 Mar 13:43

 **information - I Eat Less Than Others, But have Gained Weight Anyway**

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