Home	News	All forums	Logout	Ask the expert	My area	Help	
Go to: All forums Web4Health FAQs FAQ production I Eat Less Than	 I Eat Less Than Others, But have Write Message Gained Weight Anyway Language: Swedish, English Show Differences between version 9 and version 10 as HTML: □ To: FAQ production Latest modified by: Jacob Palme, 28 Oct 10:36 Question(s): ① 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: ① ed-food-family 						
Others, But have Gained Weight Anyway Who are present							
Show History	Date-crea	Date-created: (1) 28 Oct 2003					
Translate to 韋	Date-last	Date-last-modified: (1) 28 Oct 2003					
Modify I Eat Less Than Others, But have Gained Weight Anyway Administrate I Eat Less Than Others, But have Gained	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.						
Weight Anyway Start chatting	Your wife i	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 norm and satisfaction feelings function better. If you exercise for at least 12 minu and get the pulse up to about 130 it will be easier to manage your weight pre-					minutes per day	
	ells which cann	much they diet, a maller. Those who ose who get over ⁄ou.	o are overweigl	ht as children			
	Only a new life-style for the rest of your life will solve your weight problem. Skip sug and saturated fat. <u>Do overweight people eat more than other people?</u>						
Author: (i) Gunborg Palme, certified psychologist and certified psychotherapist, tead in psychotherapy.						acher and tutor	

Sources, references: 1

1. The personal experience of <u>Gunborg Palme</u>, certified psychologist and certified psychotherapist, teacher and tutor in psychotherapy.

Required: 🛈

[Seat # little] [Snot ; Seat # much] ; Sobesity

Priority: ①

Optional: ①

Forbidden: 🛈

Not desired: false

Limit: 🛈 1

Meta-description: (1) Why people can become obese even though they believe they eat very little.

Meta-keywords: (i) psychology answers

Contact: (i) mailto: cmc@dsv.su.se

Discuss-this: (i) http://cmc.dsv.su.se/eu/kom/general; comm=en; login

Ask-an-expert: (i) http://cmc.dsv.su.se/eu/kom/ask-the-expert-here;comm= en;login#write

Notes: 🛈

Export this page to: ① Help

- \square Web area for answers ($\underline{*}$)
- Export to FAQ server ($\underline{*}$)
- \square Printable answers ($\underline{*}$)
- \Box Web directory for sources (<u>*</u>)
- Export in DW source format ($\underline{*}$)
- **FAQ** text export in DW format ($\underline{*}$)
- \square Example of answer for inclusion in home page ($\underline{*}$)
- □ All of the destinations above

 \square Export for editing and reloading ($\underline{*}$) \square Concatenate to one file

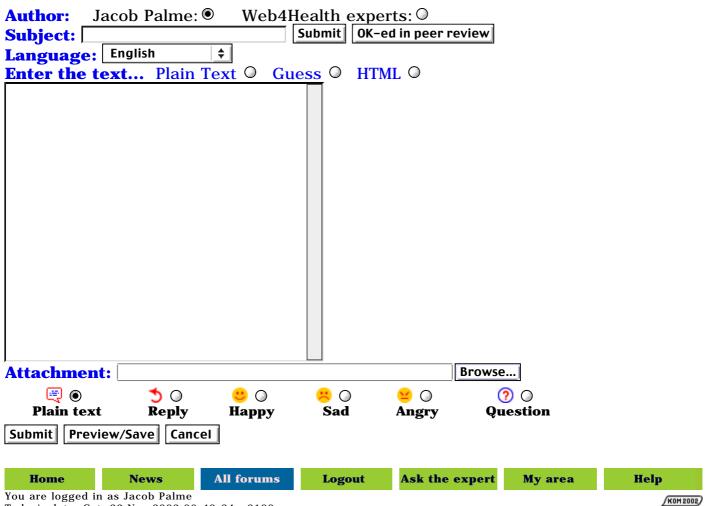
 \square Export all objects. Confirm that you want to export all objects \square

Choose whic	<u>i Help</u>		
Selection:	*	Field Pshort	Modified YYYY-MM-I since:
Anti- selection:		id:	Modified YYYY-MM-I before:

Choose fields to export for editing:	All question Pshort date-created date-last-modified body					
Export						
To Discussions:						
3588. 🔄 <u>Re: Is</u> , <u>Jacob Palme</u> , 26 Mar 12:41						
3517. 🔄 <u>Is "go up" idiomatic English for "gain weight"?</u> , <u>Lars Enderin</u> , 24 Mar 13:43						
10.10						

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

Write Message



Today's date: Sat, 22 Nov 2003 06:40:24 +0100