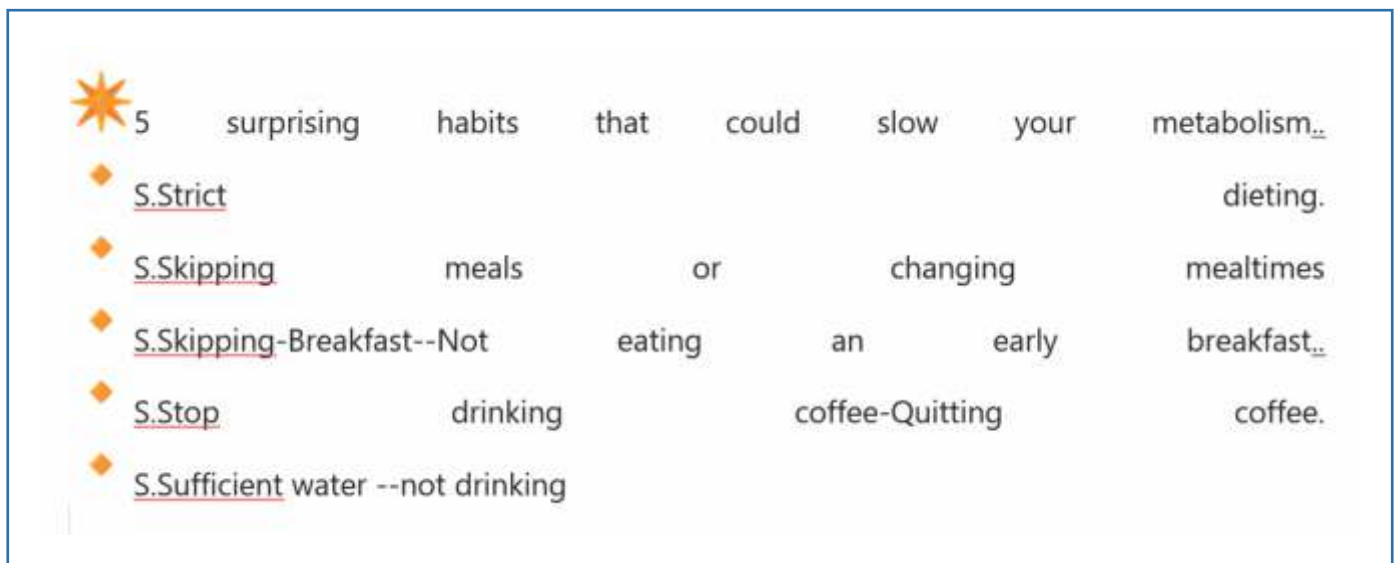


Nutrition

Appetite is complex, and dieting is a challenge

Medically speaking, there are a number of things that can slow your metabolism: high cortisol or insulin levels, low estrogen or testosterone levels, some medications, and thyroid imbalances. But, did you know that there are other factors—much more mundane, everyday habits—that could affect your metabolism rate as well?

Ways to Step up your Basal Metabolic Rate.

An infographic with a white background and a blue border. At the top left is a yellow starburst icon. To its right is the text '5 surprising habits that could slow your metabolism..'. Below this are five items, each preceded by a small orange diamond icon. The items are: 'S.Strict dieting.', 'S.Skipping meals or changing mealtimes', 'S.Skipping-Breakfast--Not eating an early breakfast..', 'S.Stop drinking coffee-Quitting coffee.', and 'S.Sufficient water --not drinking'.

* Strict dieting. Cutting your calories too much could put your metabolism into slow motion. Severe diets actually teach your body to function with calories, essentially switching it into “starvation mode.” When this happens, your body tries to conserve as much as fuel as possible—because it doesn’t know when more “fuel” is coming—by slowing down your metabolism. Add exercise to a strict diet, and your body will hang on to every calorie even more.

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