

## 6 Women Share the One Mistake That Sabotaged Their Weight Loss Journeys for Years

BY [DANIELLE PAGE](#) | November 14, 2016

Starting and sticking to a weight loss plan isn't easy. Even if you're paying close attention to your diet and consistently working out, it's possible that just one misstep can throw you off course entirely.

Bonnie Taub-Dix, R.D.N., author of [Read It Before You Eat It](#) says there are a few less-than-obvious mistakes that can sabotage any well-intentioned diet plan. "One mistake I see often is when clients think that calories from healthy foods don't count," she says. "Even though they are eating healthfully, skipping desserts, and exercising, they're [eating too much](#)."

But when there's just one mistake standing between you and your weight-loss goals, you have the power to fix it once you've identified the problem. Just ask these six women who've done it.



### "I DIDN'T WATCH MY PORTION SIZES"

"The most eye-opening thing for me was realizing that I'm an overeater and the foods I thought were healthy were far from it. I realized my eating habits weren't working when I purchased my [wedding dress](#) and my heart dropped when I found out what size I needed. So, I educated myself on what a healthy diet actually looked like. I evaluated what I typically eat and looked into the nutritional values. I was floored when I added everything up. I was eating enough calories, [carbohydrates](#), and [sodium](#) for two people! I was disgusted. Even though I was working out frequently, my diet was sabotaging my progress. When I decided it was time to make a change, I delved into Pinterest and began planning out my meals for the week. I knew tracking my diet via an app or notebook wasn't something I would maintain, so [meal prepping was key](#). I purchased a large lunch bag and filled it each morning with my healthy snacks and meals for the day. This forced me to stick to the food I brought with me—there was no temptation to overeat." —*Dina Jorge-Rogers, lost 67 pounds*

<http://www.womenshealthmag.com/weight-loss/real-women-weight-loss-mistakes>