

Sneaky reasons why the weight isn't going away

By **Norine Dworkin-McDaniel, That's Fit**

You've been dieting and dieting for what feels like forever. So why isn't the weight coming off faster? You may be getting tripped up by one of these all-too-common diet pitfalls. "Sometimes people think they're doing everything right, but they're actually doing something wrong," said Dr. Mehmet Oz, host of "The Dr. Oz Show." Here, Dr. Oz explains how to avoid these common missteps and get the scale moving in the right direction again.

You rely on "healthy" foods that really aren't. You'll find all kinds of foods at the supermarket that seem great for dieting because they're labeled "fat-free" or "light." But these items are actually loaded with other ingredients, such as added sugars or sodium, that aren't particularly diet friendly.

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