

A Guide to *Weight Loss Plateaus*



Why a Personalized Approach Matters

Reviewed by: Heather Davis, MS, RDN, LDN

Part 1

Weight Loss Plateaus

Plateaus, Barriers & Blockers

What is a Weight Loss Plateau?

Do you find it difficult to lose weight, no matter how hard you try? You've followed the fad diets, tried the intense exercises, and still, you can't shed those stubborn pounds!

If shedding unwanted pounds is becoming harder than before, or you're suddenly not losing any weight even if you've lost weight in the past, you're likely dealing with some form of weight loss resistance, like a weight loss plateau.

A weight loss plateau is a fancy way to describe a point in time when you've put in all the effort, but you're not seeing the results: in other words, your weight loss progress becomes stagnant.

Plateaus may last a few days, weeks, or months... it could be even longer until the weight moves again. But don't panic: it's more common than you think, and it's not because you're not trying hard enough.

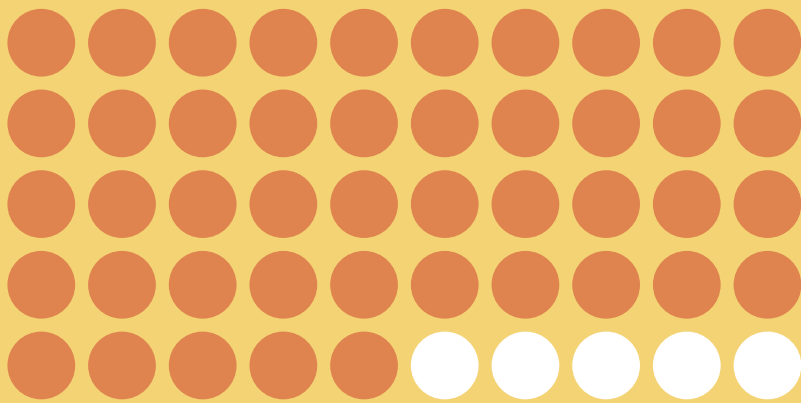
Remember, every body is unique, and so are the reasons stopping you from losing weight. Instead, focus on finding out why you're hitting this roadblock and what you can do to move past it.



Some statistics about weight loss

● General statistic

45 million
Americans go on a diet every year



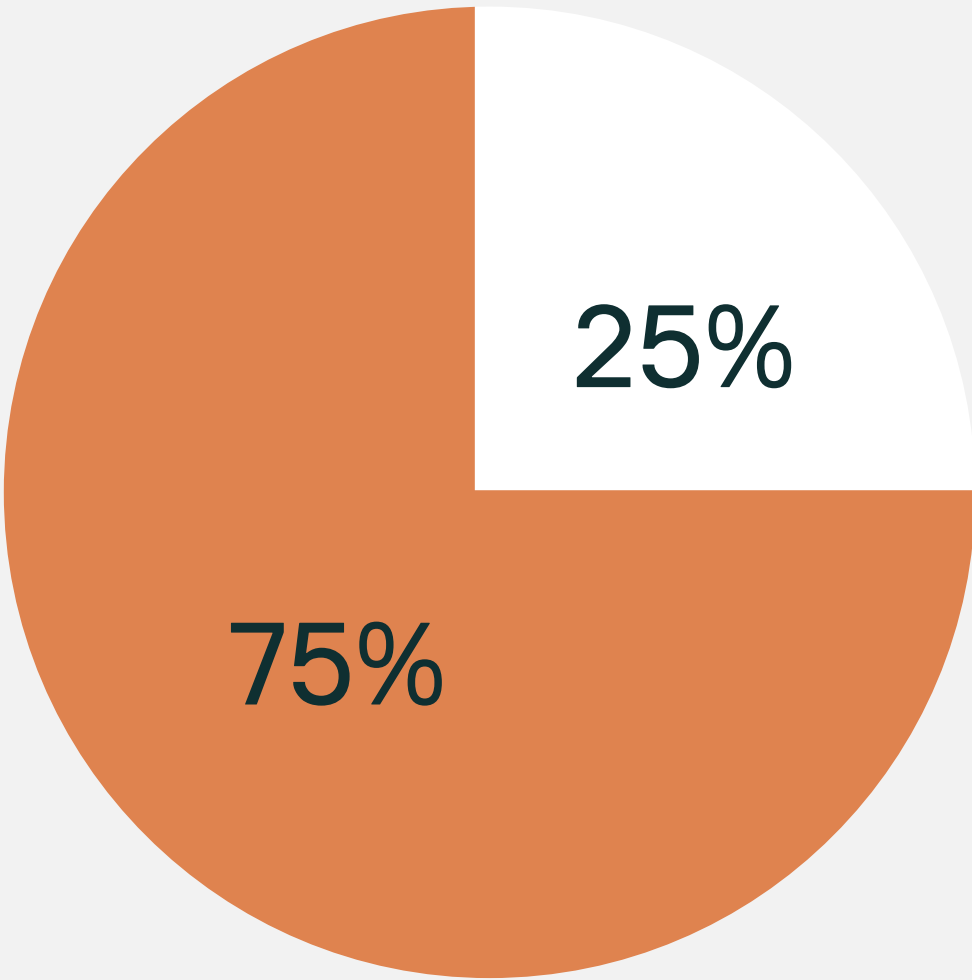
● General statistic

49.1%
of the adult American population
tries to lose weight every year

● Basal Metabolic Rate accounts

25%
comes from physical activity and
the energy required to digest food

up to 75%
of your body's **daily** energy needs



● Physical activity

5%
of American adults engage
in **daily physical activity**

1 in 3
American adults engage
in **weekly physical activity**

Sources:

Medical Weight Management: Nutrition and Weight Management | Boston Medical

Tudor-Locke, Catrine, William D. Johnson, and Peter T. Katzmarzyk. "Frequently Reported Activities by Intensity for U.S. Adults." American Journal of Preventive Medicine. Elsevier (2010): DOI:https://doi.org/10.1016/j.amepre.2010.05.017.

Attempts to Lose Weight Among Adults in the United States, 2013–2016 | CDC

Rimbach, R., Yamada, Y., Sagayama, H. et al. "Total energy expenditure is repeatable in adults but not associated with short-term changes in body composition." Nat Commun 13, 99 (2022). https://doi.org/10.1038/s41467-021-27246-z

Catherine B. Lawrence PhD; "The Contribution of Raised Metabolic Rate in the Weight Loss Associated with Alzheimer's Disease" Diet and Nutrition in Dementia and Cognitive Decline," 2015 Basal Metabolic Rate - an Overview | ScienceDirect Topics.

Why Uncover the Root Cause?

So, you've determined something is stopping you from losing weight.

Why is it so important to find out what that may be?

It can help you develop a tailored plan to help you achieve better, **more sustainable results**.

It can offer clues about certain risk factors for chronic conditions worth exploring more with your doctor.

Weight loss struggles can often be demotivating and may even impact mental health. Uncovering the root cause can help improve how you feel about your weight psychologically and ease the frustration of not knowing why it's so difficult to shed the pounds.

Any kind of weight loss resistance can be frustrating and discouraging, and uncovering the root cause is only the first step.

But don't worry — once you know what the causes can be, you can move on to understanding the factors behind each root cause and how **your body** interacts with various lifestyle factors.

This will help you can develop a plan to reach your goals that's tailored to **your specific needs**.



Nutrisense members work with personal dietitians and insights from CGM data to uncover the root cause of their weight struggles



“Back in 2018, I retired, and moved to Florida. Things were great, but then menopause took a hit. I noticed all of the weight I had lost pre-menopause and prior to retirement (65 pounds) started to creep back!

It was like somebody flipped a switch. I couldn’t put my finger on why no matter what I did, I kept putting on weight.

Then in 2021, I saw an ad for Nutrisense, and I thought I’d try it out. Cheri, my dietitian, taught me to look at things like my fasting number, to learn more about insulin resistance, to try intermittent fasting, eat more protein...

With the support of the data, the app, and my wonderful dietitian, I've lost 19 pounds with the Nutrisense program so far. I have another 35 or so to go to hit my goal—I’m thrilled. It’s helped me so much”

— Gayle Pagano



7/10 of participants *lost up to 13lbs in 30 days.* *
Start Your Wellness Journey!

[Start Your Weight Loss Journey](#) →

*68% of Nutrisense study participants who logged their weight for 30 days lost up to 6.6% of their weight by month 1. [Link to the method here.](#)

*Individual results may vary. Results are impacted by a level of engagement & commitment to the program.

Part 2

Weight Loss & Blood Glucose

The Role of Blood Glucose

Have you ever had the feeling that you might be missing a critical piece of what will help you succeed on your weight loss journey? One way to tailor your weight loss journey to your needs is to focus on blood glucose insights and focusing on glucose balance.

After you eat, your body produces insulin, a hormone that helps your body convert glucose or sugar in your blood into energy. If your sugar intake is higher for an extended period, your body may begin to convert that excess into stored fat. Over time, this pattern may also increase your risk for insulin resistance.

Understanding your glucose levels can help you identify what aspects of your diet and lifestyle may be contributing to imbalances and help you make healthier choices to support your weight loss goals.

#OWNYOURHEALTH

At Nutrisense, we go beyond glucose to help you explore and address dozens of other areas of diet and lifestyle that may impact your weight.

Discover ways in which you can hack your diet and lifestyle to better support weight by optimizing your hormonal health, sleep, energy, and other areas of metabolic health.

[Start Your Weight Loss Journey](#) →



At Nutrisense, we want to guide you as you look deeper into all the areas impacting your weight, to help you find the missing pieces to your weight loss puzzle.

— Nutrisense Dietitian,
Heather Davis, MS, RDN, LDN



*Lose up to 24 lbs in 90 days.**
Start Your Weight Loss Journey Today!

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*39% of participants out of those who lost weight, lost between 4% and 13% of their weight by the end of month 3. [Link to the method here.](#)
*Individual results may vary. Results are impacted by a level of engagement & commitment to the program.

Part 3

Weight Loss Blockers

Common Weight Loss Blockers

What can lead to weight loss plateaus?

To understand the answer to this question, it's important to understand what factors influence our weight! Then, it's much easier to look at those different areas and spot some gaps where someone might be missing a crucial bit of support.

Here are some common factors that may affect a weight loss journey. You can uncover more about how these may affect or interact with your body using blood glucose insights and 1:1 expert dietitian support at Nutrisense!

Sleep

Sleep quality and quantity are both important here. They can impact appetite, hormones, glucose, energy — and your weight.



A [study in Sleep Medicine Clinics](#) found that one night of poor sleep can lead to impaired glucose the next day. The same study found that a lack of sleep can increase appetite by influencing the hormones leptin (the 'satiety hormone') and ghrelin (the 'hunger hormone') — which can impact appetite and calorie consumption, affecting weight loss efforts.

Diet

Forget those crash diets, and diet fads. While [severe calorie restriction](#) can provide some short-term results, remember: healthy weight loss takes time. But consuming either too many or too few calories for your body's needs can both undermine your weight loss goals.

This is a big category! But we can break it down into:

- **Caloric intake.**

It's good to be able to accurately assess your needs (since too many as well as too few calories can *both* sabotage your weight loss success).

- **Your macronutrients.**

Ratios and amounts of fats, protein, and carbs can make a big difference. If someone doesn't have the ideal amounts and ratios for their body, weight loss can stall.

- **Your micronutrients.**

These are vitamins and minerals. Too little and too much are both detrimental to metabolic health.

- **How you time your meals in your day.**

Research shows that certain types of eating windows and meal timing patterns may have more favorable health and weight loss outcomes than others. Is your timing right for your body?

- **Inflammatory foods.**

These are foods that may impact inflammation in your body, which may impact your weight. Research shows that high consumption of inflammatory foods (like too much added sugar, ultra-processed foods, alcohol, and fried foods) may raise your risk for obesity and other health conditions over time.

Stress

When you experience high or prolonged levels of stress, your body releases more cortisol, or the stress hormone. If your stress loads rise too high — and especially if they stay there consistently — it can alter a lot about how your metabolism works, including how your body regulates weight.

Hormones

Your hormones are influenced by various factors. And these hormones — including thyroid hormone, insulin, cortisol, and sex hormones as well as others — can have a big impact on your weight.

Genetics & Medical History

Weight is often impacted by things like family history or a genetic predisposition to certain conditions. But many people are able to maintain a healthy weight despite these factors with dietary and lifestyle changes.



Remember: This is not the full picture. Exactly how lifestyle and health factors impact your glucose levels and weight will differ for everyone, and can change over time. The expert support at Nutrisense can help you find a signal in the noise to guide you towards taking control of your weight journey.



If you reached a weight loss plateau, you may want to consider tracking your food/ beverage intake during a period of time. This can help you get a more clear assessment of where your total calorie and macronutrient intake is at.

— Nutrisense Dietitian,
Marie Funk, MS, RDN, LDN

[Start Your Weight Loss Journey](#) →

Physical Activity Can Factor in Too

Of course, any kind of physical activity, especially intentional exercise, may help with weight loss.

Even just a single session of exercise may powerfully regulate fat and glucose metabolism and result in an increased action of insulin.

One study conducted among men found that one 45-minute bout of vigorous exercise increased metabolic rate for the following 14 hours.

Additionally, Zone 2 training (aerobic exercise) primarily uses body fat for fuel which may also add to weight loss efforts. Exercising between 60 and 80% of your maximal heart rate may help promote fat burn. (107, 108)

One primary benefit of exercise for weight loss, as we all likely see it, is that it burns calories. Put simply: if you consume more calories than you burn, the extra calories are stored in your body as fat.

However, if you expend more energy than you put into your body (calorie intake), you're in what is known as a calorie deficit. In this case, your body is likely to use the stored fat as a source of energy, which can contribute to weight loss.

Energy Expenditure > Calorie Intake = Calorie Deficient

Weight loss is *not*:

- ✗ Undereating
- ✗ Restricting foods
- ✗ Overexercising

But while this concept is an important part of the process, it's not all you need to reach your weight loss goals. Restricting calories while increasing exercise won't always guarantee success.

Instead, look at physical activity and exercise as another lifestyle habit that will help support you on your weight loss journey. After all, getting enough activity in your day is good for a variety of reasons and can help improve your overall well-being.



Weight loss plateaus are tough (and super frustrating to say the least!). Oftentimes, a plateau means your body has adjusted to your current regimen and requires a change.

Changing up your physical activity regimen or trying a new form of exercise could be helpful!

— Nutrisense Nutrition Manager,
Amanda Donahue, MS, RD, CD



7/10 of participants *lost up to 13lbs in 30 days.**
Start Your Wellness Journey!

[Start Your Weight Loss Journey](#) →

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Learn More with Nutrisense

When you sign up for Nutrisense, you also get lifetime access to the Nutrisense app, where you can log and analyze activity, meal intake, and habits to see how your lifestyle is working for your weight goals. You also get to work with a personal dietitian, which can help take the guesswork out of losing weight.

- ✓ Log daily activity, meals, and habits
- ✓ Sync other activities with wearables
- ✓ View CGM data insights for your logged activities and meals
- ✓ Communicate with a personal, expert dietitian to find what works best for your individual needs



[Start Your Weight Loss Journey](#) →

Remember: The Scale Won't Give You the Full Picture



In the past, most of my attempts at a healthier lifestyle involved some form of guessing. You have to log your meals in most apps. And you try to be as honest as possible, but you're not relating it to what works specifically for you. Jumping on the scale was the only way to see results.

Maybe that helps you from measuring weight loss. Still, it's not necessarily improving or teaching you any positive nutrition habits. That's why Nutrisense's CGM program was intriguing. It gives you real-time feedback on what's going on.

You can improve your lifestyle, and then the weighting scale becomes the lagging indicator. I found immediately that it was helping me learn new habits. And the graphs and accountability aspect was great!

– **Benjamin Langstraat**

Although it can be nice to check your weight occasionally, remember that the scale doesn't always reflect the full picture of your progress.

This is especially true if you've been focusing on building muscle and fat-burning at the same time. If you're working on altering body composition, you may weigh the same when you step on the scale.

However, you may be improving fitness, strength, lean muscle mass, and other important areas of well-being. Maybe you even notice your energy, sleep, or mood is improving. It's important to gauge your success from a broader view.

What Our Experts Recommend Instead

Try shifting your mindset away from the number on the scale to what will help you become more physically strong and feel better. This can also help you develop a healthier relationship with food and exercise.

Aim to focus less on things like how many carbohydrates you ate today or how many miles you ran. Instead, focus on being consistent in your routine and eating a nutritious, high-protein, and high-fiber diet with lots of whole fruits and veggies.



Don't rely on the scale



Consider glucose balance



Don't fall for crash diets



Reevaluate your exercise habits



Meet your protein needs



Take a closer look at calorie balance

A portrait of Carlee Hayes, a woman with long, wavy, light brown hair, wearing a black top, smiling at the camera.

At Nutrisense we're perfect for you even if you hit weight loss plateaus because we use your body's unique data to test (not guess!) the factors impacting your weight, helping build customized lifestyle plans for any season of life.

— Nutrisense Senior Nutrition Manager,
Carlee Hayes, RDN, CD

A circular portrait of a woman with short, curly, grey hair, wearing a light blue sleeveless top, looking upwards and to the side with her hands clasped in front of her.

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Part 4

Personalize Your Weight Loss

The Importance of a Personalized Approach

Many things impact weight, but most approaches to weight loss only focus on one or two areas. With a personalized approach, you can dig deeper into the underlying causes behind your weight loss plateau or difficulty losing weight.

Using data insights with technology like continuous glucose monitors, you can discover how glucose levels impact weight.

You can then take it one step further: go beyond glucose to explore and address dozens of other areas of diet and lifestyle that may affect your weight goals.

Your *perfect* match

When you sign up for Nutrisense, you're matched with a personal dietitian whose specialties align with your specific weight loss goals.



Catherine Staffieri
MS, RDN



Emma Lonergan
RD, CD



Jennifer Birge
MS, RDN, CDCES



Yvonne Mahl
MHSC, RDN, LDN



Marie Funk
MS, RDN, LDN



Jess Wright
RDN, LDN

How Nutrisense Members Found Weight Loss Success

Addressing Weight Loss Struggles

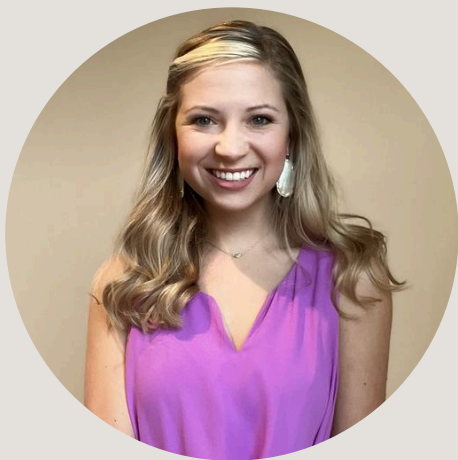


“Sarah, my nutritionist, actually looked at what I was eating and made suggestion that would keep my glucose from spiking. She also gave gentle reminders to add more veggies or diet encouragement. I’m DOWN 20lbs!”

— Lisa Smith

“Lisa implemented realistic lifestyle changes that reflected in better food and activity choices. Her positive outlook and awareness that change and results take time largely contributed to her current successes (as did her high level of engagement).”

— Nutrisense dietitian,
Sarah Rupp, MS, RD, LDN



*This member’s name and photo have been changed to protect privacy

Lisa's Story with Nutrisense

Nutrisense member Lisa Smith had always struggled with her weight and tried a range of programs and diets to reach her goals. Eventually, she realized she would need more data to help understand what happened to her body when she ate.

Before Nutrisense	After Nutrisense
• Thought individual foods like bananas or carrots were the reason for her glucose spikes. • Dealt with sugar and other food cravings. • Struggled to understand the root cause of her weight struggles.	• Learned how to experiment with proteins and salads before eating starches to balance her glucose levels. • Learned how to curb craving and reduce refined sugar intake. • Worked with CGM insights and her personal dietitian to find the indicators and underlying factors that led to her weight loss struggles.

Breaking Weight Loss Barriers



“With the sensor, the Nutrisense app, and the dietitian support, I could better understand what was going on in my body... I always tell people: if you’re with Nutrisense, get the dietitian, and go all in”.

— **Roxanne Cardenas Bryant**

“Roxanne’s practical and positive approach influenced her weight loss success. Instead of following a restrictive diet, she made small changes over time. This also helped uncover the source of and address weight loss plateaus, leading to long term win and sustainable habits.”

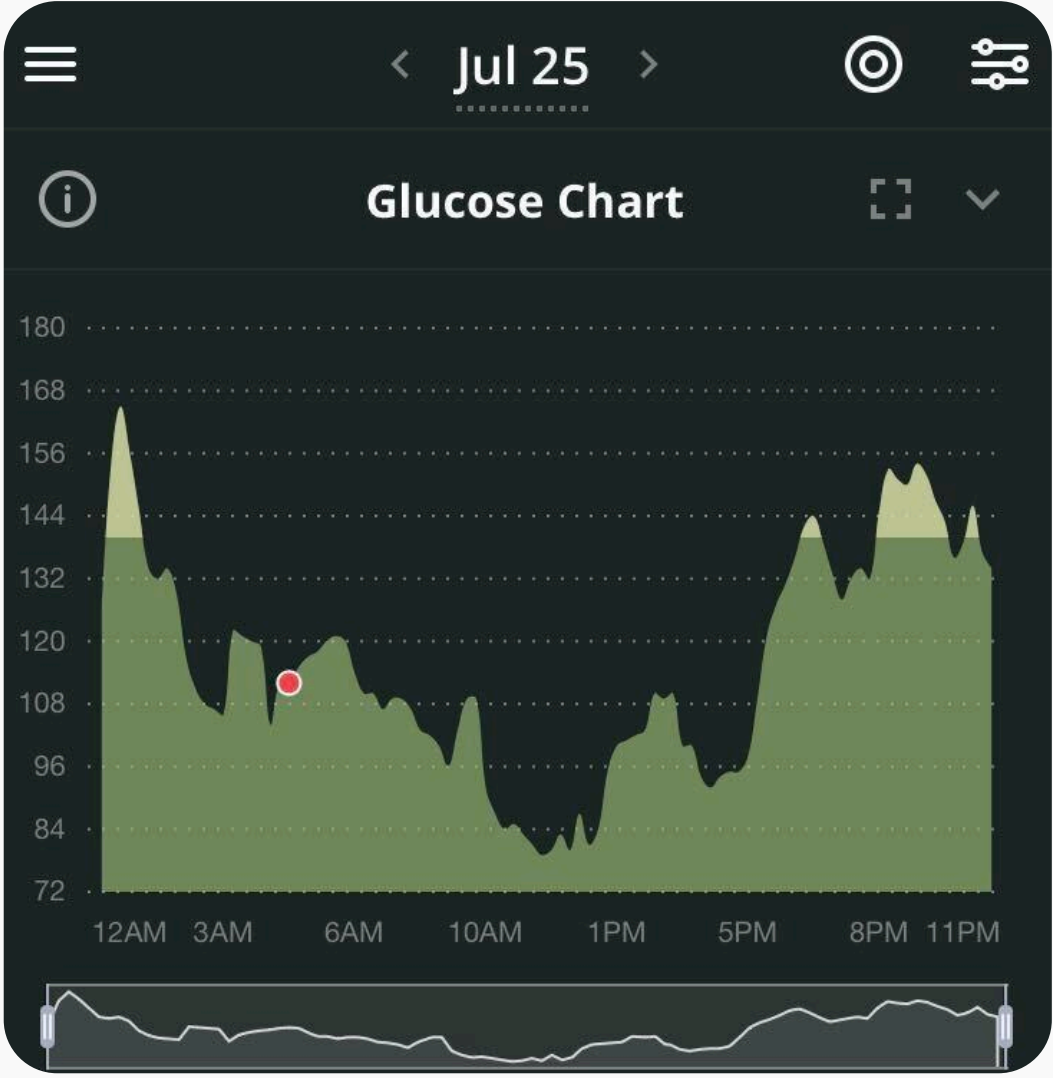
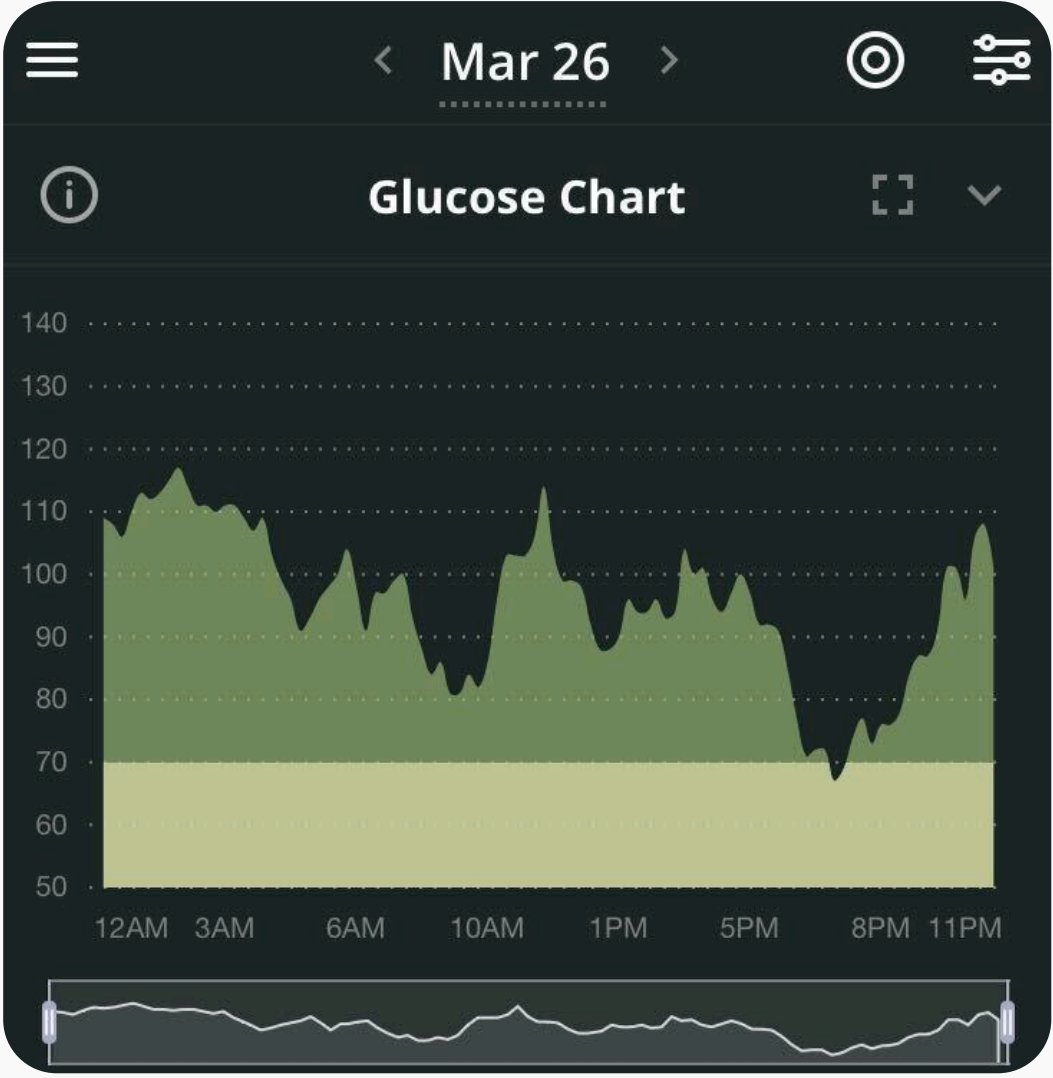
— **Nutrisense dietitian,
Victoria Eaton, RDN, LDN, IFNCP**



Roxanne’s Story with Nutrisense

For Roxanne Cardenas Bryant, it was important to understand what was going on in her body, and address the weight loss resistance she encountered with age. Working with her Nutrisense dietitian for over a year and counting, she's found a way to set realistic goals and hit her targets with support, data insights, and helpful lifestyle advice.

She's learned about meal sequencing, reduced nighttime snacking and found food combinations and activities worked for her body, so she can continue to consistently reach her weight loss goals.

Before Nutrisense		After Nutrisense	
			
• Wasn't seeing weight loss progress as she aged. • Weight loss methods that worked in the past no longer worked. • Didn't realize the impact of sugar-free food choices on blood glucose and weight loss. • Unable to tell what foods impacted her body and how. • Didn't realize the impact of small lifestyle habits on her weight loss efforts.		• Broke past her weight loss barriers and lost more weight. • Found new ways to boost weight loss success thanks to her dietitian. • Learned what sugar-free food choices impacted her levels: including flavored water and vitamin D gummies. • Learned surprising things about the impact of her food choices from CGM data, including that low-carb bread did not spike her levels. • Learned with her dietitian, how to make the small lifestyle and daily habit tweaks.	

We help our members set a course to achieving their *weight loss goals* and celebrate with them when they get there.



"Nutrisense (no pun intended here) makes sense. It's well worth the value, and Yvonne is amazing; the dietitian support is so necessary. Her helpfulness, friendliness, and ability to guide me in my eating habits were all so valuable."

— **Stuart Tutler**

"In the past five years, I had, in fact, gained 30, 35, maybe close to 40 pounds. Within the first month with Nutrisense, I lost maybe five pounds. And I hadn't been able to do that before. From February to June, I lost over 15 pounds!"

— **Sara Duffy**



"Nutrisense taught me the how, the why, and the when to eat... This program has helped me learn how to keep losing weight and, at the same time, enjoy my food!"

— **Christine Aochi**

[Start Your Weight Loss Journey](#) →

Part 5

Nutrisense's Personalized Approach

The Nutrisense Approach

As you can now see, many factors impact our weight. And while most weight loss programs might only focus on one or two areas, Nutrisense provides support for all of them.

That’s why you get the best chance at success when you sign up!

By combining insights from the CGM alongside expert dietitian guidance, see how Nutrisense can help.

Nutrisense helps you:

Understand how your glucose levels may impact your weight loss goals over time, including how your body is responding to your current weight loss approach

Understand how your diet is working for or against your weight loss goals long-term and help you customize your diet for your unique body

Understand how your current physical activity works for or against your weight loss goals and help you customize this approach for your needs.

Work with your dietitian to come up with a practical plan for balancing stress loads in a way that works to support your metabolic health and weight loss goals over time.

Remove the guesswork from building your most successful customized and personalized weight loss plan.

[Start Your Weight Loss Journey](#) →

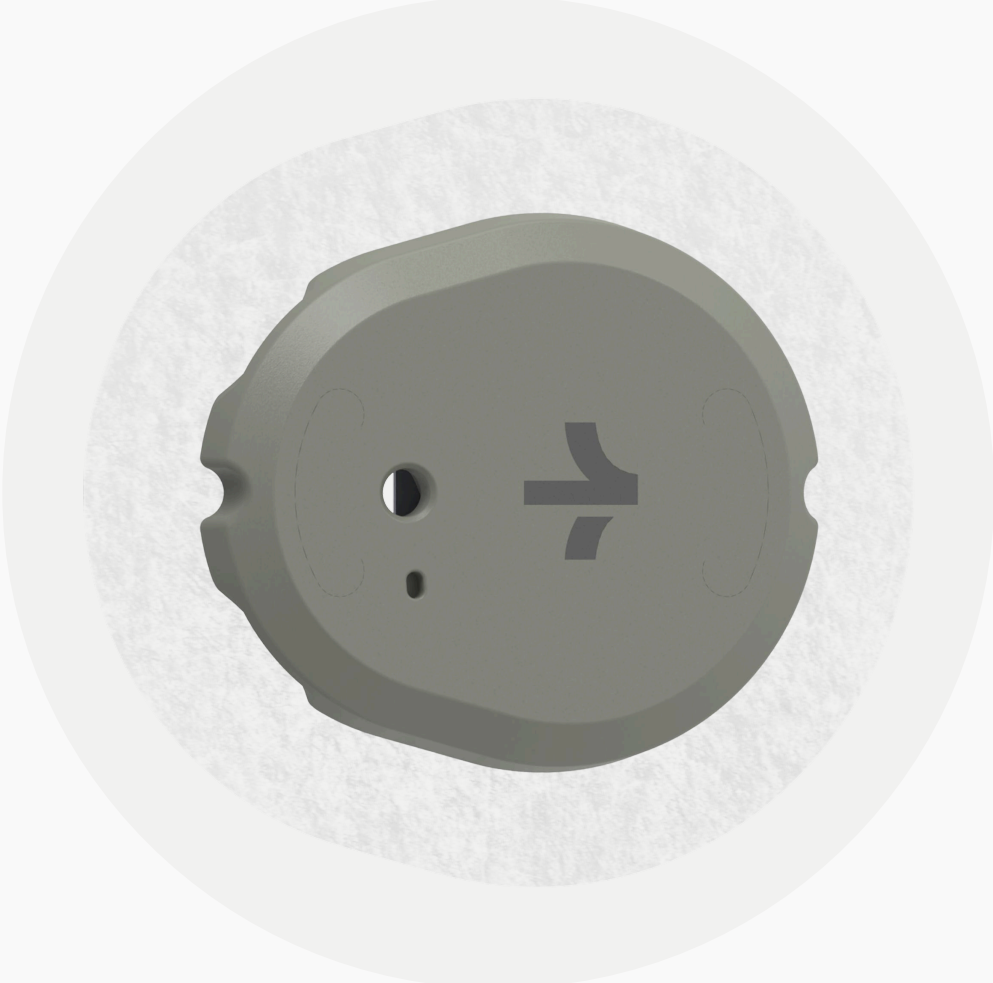
As a Nutrisense Member, you'll have:

Dietitian for Guidance1.

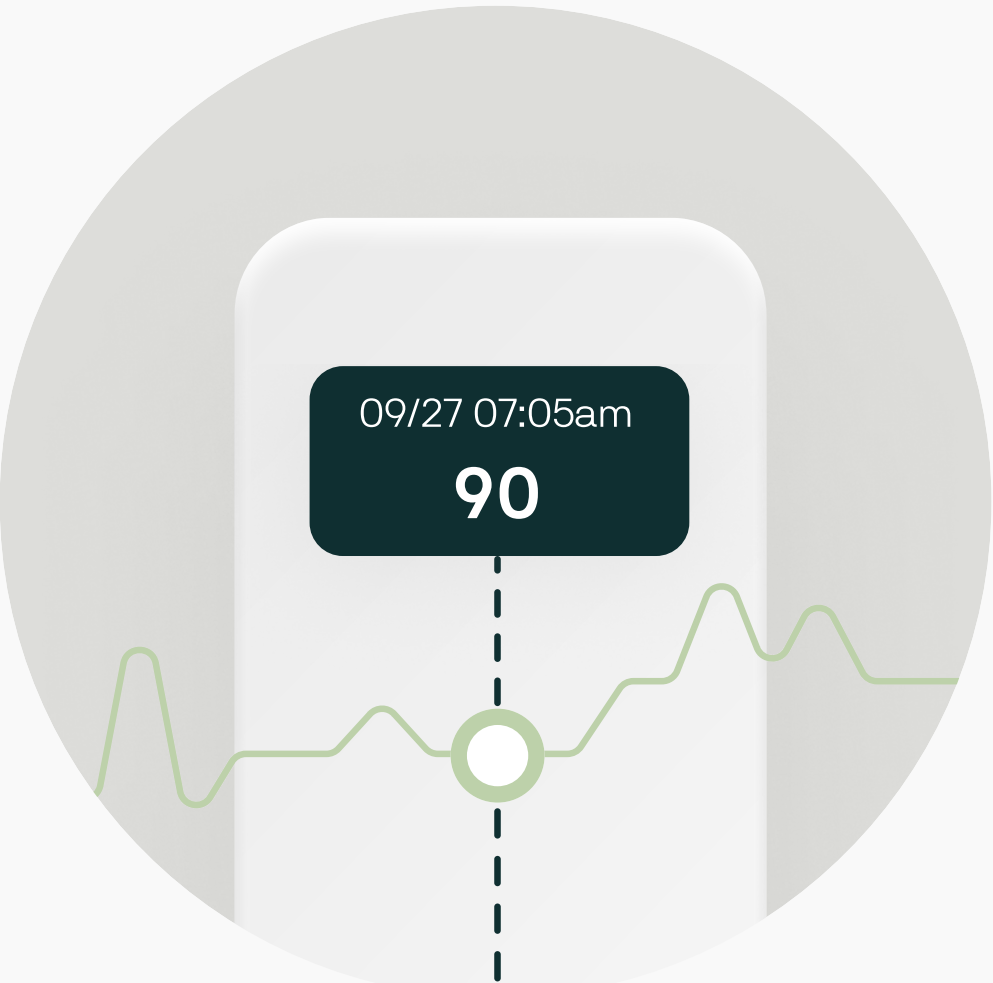
Could you help me please, why am I not getting into ketosis? This is my meal.

Let's look at some factors in your diet that may be preventing you from deeper ketosis.

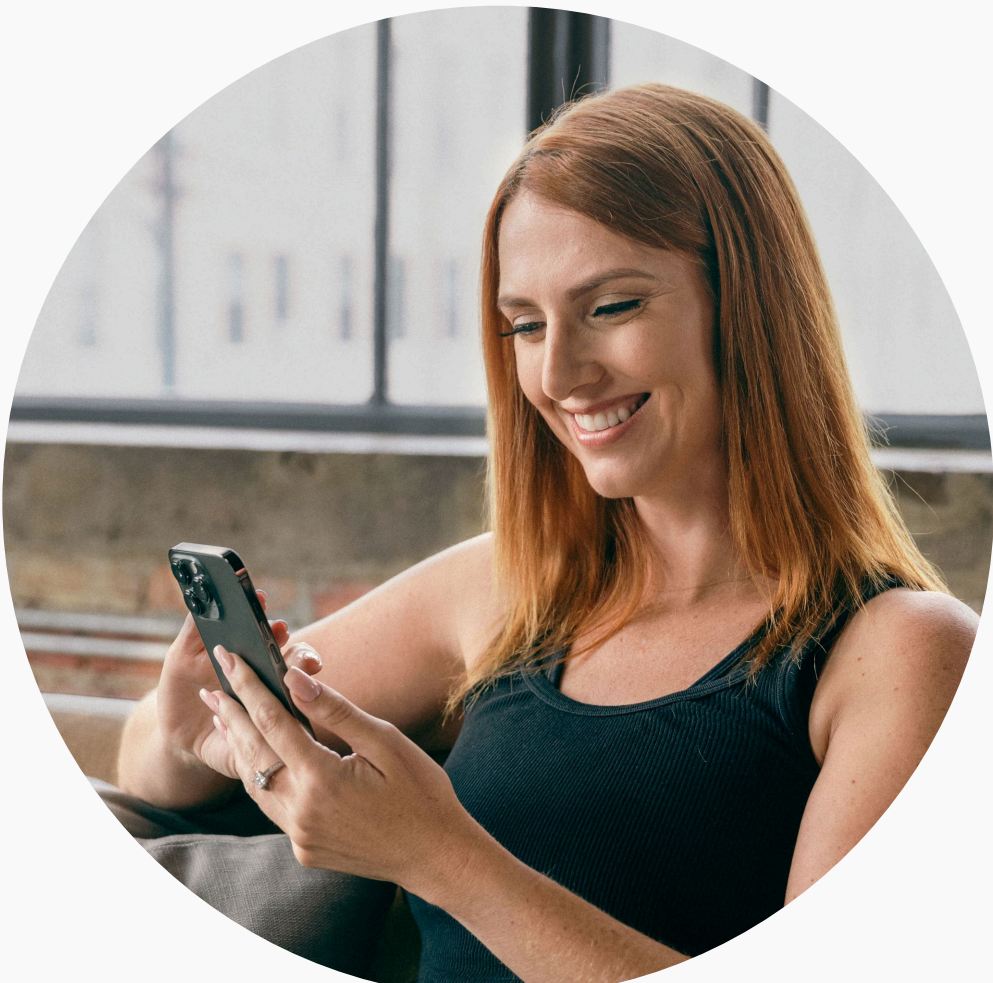
CGM for Insights2.



App for Accountability3.



Community for Support4.



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Catherine B. Lawrence PhD; “The Contribution of Raised Metabolic Rate in the Weight Loss Associated with Alzheimer’s Disease” Diet and Nutrition in Dementia and Cognitive Decline,” 2015 Basal Metabolic Rate - an Overview | ScienceDirect Topics

Our Nutrisense program offers personal, 1:1 guidance from credentialed dietitians and nutritionists to help you make lasting lifestyle changes.

Check it out!

Disclaimer:
The Nutrisense programs are not intended to diagnose, cure, prevent or treat any disease or condition. This ebook does not intend to provide medical advice, diagnosis, or treatment.

Review + Fact-Check:	Content and Edits:	With additions by:	Design:
Heather Davis, MS, RD, LDN	Rhea Dhanbhoora Natalie Krafft	Marie Funk, MS, RD, LDN Victoria Eaton, RDN, LDN, IFNCP	Viktoriia Stadnichenko