

Fattening Foods in Disguise

If you're trying to lose weight, by following a proper diet and regular exercise plan, you're probably already avoiding cheeseburgers, milkshakes, and fries. What you may not know, however, is that there are many other foods out there that may seem OK but can actually be very high in calories or fat. We're here to help. Think twice about the following 10 foods they may not be helping you reach your fitness goals!

1. Rice Cakes

Traditionally considered a health food, rice cakes contain considerable amounts of high [glycemic index](#) carbohydrates. When eaten, foods rated high on the glycemic index will cause a rapid rise in your blood sugar level. These simple carbs may stimulate unwanted fat storage and slow your body's fat-burning capabilities. So choose your snacks wisely and eat in moderation.

2. Fruit Juice

Fruit juice is not only calorie-dense, but also high in sugar. And consuming too much of it may not be the best choice for your fat-loss plan. Notably, one primary sugar found in fruit juice is fructose, which has some unique characteristics that cause it to be stored as fat. By replacing fruit juice with water, you will not only be saving between 110 and 200 calories per cup, but you'll be cutting down significantly on your sugar intake as well.



3. Flavored Oatmeal

Oatmeal is a staple in many nutrition plans. However, sugar is usually high on the ingredient list of flavored oatmeal packets, turning what could be a nutritious source of high fiber into a high-sugar food that invites fat storage. A wise choice would be to cut down on the packets or stick with non-flavored oatmeal and add some zest by adding a scoop or two of your favorite NITRO-TECH[®] [protein powder](#).



4. Alcohol

Although [alcohol](#) itself doesn't contain fat, it is loaded with calories. Those Saturday nights can be fun, but too much alcohol can put a wrench in your plan. When you add in mixers – such as soda, juice, sugar, and other ingredients – the calories can really add up. One other important note is that the more calories an individual consumes in the form of alcohol, the less likely it is that he or she will eat other food to obtain adequate nutrients. To make matters worse, excessive alcohol consumption can interfere with the body's metabolism of nutrients, especially protein. This also has a profound effect on your body's ability to tone muscle, and it drastically inhibits fat burning. Remember, if you decide to drink, drink responsibly and drink in moderation.

5. Salad Dressing

Salads can be an ideal food for supporting weight loss. Yet, they may not be figure-friendly when you add fat-loaded salad dressings. A typical salad dressing contains about 6 to 8 grams of [fat](#) and around 75 calories per teaspoon. Since we may be eager to add 3 or 4 teaspoons of dressing on our salads, we're adding nearly 30 grams of fat and 300 calories! Stick with a low-fat dressing. Just read the label – some flavors of some low-fat dressings can contain the same amount of fat as some regular dressings in other flavors. Others are higher in carbohydrates and calories, despite being low in fat. A good choice would be a vinaigrette dressing with a little olive oil mixed in.





6. Muffins

Often thought of as a healthy breakfast option, muffins could actually be adding to your waistline! Muffins can be very calorie-dense, and a large one can often pack up to 400 calories – and that's without adding butter! If you can't resist, go for a low-fat muffin, but aware that many of them contain more sugar to compensate for the lack of fat. This could make them high in calories.

7. Breaded Chicken or Fish

Breaded chicken and fish might contain ample servings of protein, but also a lot of unwanted fat. In fact, a typical six-piece meal of breaded chicken (approximately 3.8 oz.) can contain 20 grams of fat. And of course, adding dipping sauces brings the total calorie count up even higher. Avoid the bread and dips, and go for a nicely grilled chicken breast.



8. Frozen Yogurt

Frozen yogurt has long been one of the most popular "health foods" available. What many don't realize is that while nonfat frozen yogurt might have less fat, that doesn't mean it's calorie-free. Nonfat frozen yogurt can still contain carbohydrates that can be converted into fat. In fact, nonfat yogurt can contain too many calories for a diet and exercise plan intended to support fat loss! Also of note is that many frozen yogurt varieties are low in protein and [calcium](#). A good idea would be to stick with regular yogurt which is higher in both protein and calcium and is lower in calories. If you're craving yogurt, go ultra-low fat, read the label, and reduce the calories.



9. Deli Meats

Many commercially available deli meats are high in fat and sodium. Some may also contain sugar. In particular, avoid marbled cold cuts such as salami, as their fat content is higher. If you have no other option but to eat deli meats, choose low-fat items like turkey and chicken.

10. Regular Sodas

Think you can get away with having regular soda in your fat-loss program? Think again! A 16-ounce glass of regular cola contains 197 more calories than an identically-sized bottle of diet cola. And if that doesn't convince you, the majority of those calories come from simple sugars! Sticking with diet soda will help you go a long way towards reaching your goals.

