



"Healthy"
Foods That Cause

FLAB





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8 “HEALTHY” FOODS THAT CAUSE FLAB

If we were to ask you to define what it means to eat healthy or what constitutes a *healthy* diet, what thoughts, principles, and rules would come to mind?

Is it a certain number of meals per day?

Is it a specific number of grams of fat or carbohydrates?

Is a low-fat or a low-carbohydrate diet better?

Does it involve eliminating certain types of foods (e.g., gluten, dairy, sugar)?

Does it involve counting grams of sugar?

Does it revolve entirely around counting calories or points?

Does it entail not eating after a certain time of day?

Perhaps you can fill in the blank below:

Healthy eating is _____.

This mindset and these “rules,” which are influenced by what you’ve read in books, magazines, and on the Internet as well as what you’ve heard from personalities and professionals on the TV and radio, shape your eating choices. Ultimately, it’s these food choices that have a significant influence on your health and your waistline.

While we’re confident that the folks who have molded your nutrition mindset have your best interests in mind, the unfortunate reality is that many of these recommendations

are misguided and outdated, which leads to poor food choices that contribute to adding unwanted flab instead of fighting fat.

This is further compounded by the fact that you likely find it challenging to prepare every meal at home. Out of convenience, you end up searching supermarket shelves and local health food shops for quick and convenient healthy snacks and smoothies. While this may not be a completely lost cause, there's a much higher probability that the options you'll find—and have been told to seek out—are not the best for your health and fitness goals.

As a matter of fact, many of these so-called “diet” and “health” foods may actually be causing you to gain weight and adversely impacting your health. With that in mind, let's take a look at the following “healthy” foods that could be negatively affecting your waistline.

#1: Whole Wheat Bread, Bagels, and Pasta

You likely already know that refined flour versions of these carbohydrate-dense foods are “off limits” if your goal is a slim, tight waistline and clean slate of health. But, the whole wheat versions are supposed to be so much healthier, right? Not so fast.

While these versions may be *slight* improvements over their refined wheat cousins, they are still a far cry from the true whole grains themselves. True whole grains contain the entire grain—the bran, the germ, and the endosperm—whereas refined grains involve the removal of the bran and the germ, which all but removes the fiber, B vitamins, and iron.

While consuming minimally-processed whole grains may indeed have some significant health and body composition advantages, what happens when these whole grains are pulverized into a fine flour with which the actual products are made?



The fact of the matter is that the milling processes involved in creating flour—even flour made from whole wheat—essentially “pre-digests” the grain into smaller, more rapidly digesting particles. As a matter of fact, the average whole wheat bread has a similar glycemic index as white bread, which is made with refined flour. ⁽¹⁾

Speaking of the glycemic index, it is a measure of how quickly and significantly the carbohydrates from food are broken down and enter the bloodstream (as blood sugar). In a 2000 review, Ludwig listed the following benefits of consuming a low glycemic diet: ⁽²⁾

- Better micronutrient and fiber intake (i.e., better nutrition)
- Increased feelings of fullness
- Decreased hunger
- Lower energy intake in subsequent meals
- Fat loss
- Better fasting insulin and blood sugar concentrations

Consumption of higher glycemic, fast-digesting, processed carbohydrates and refined sugars—like those found in most pre-packaged store-bought goods—results in elevations in blood sugar and insulin concentrations, blood triglyceride levels, and LDL (i.e., “bad”) cholesterol.

Furthermore, high glycemic, refined carbohydrates, like those found in these foods, are typically void of fiber, and researchers have linked low fiber intakes to increased risk for diabetes and obesity. ^(3, 4, 5, 6) What’s more, it’s no secret that high glycemic carbohydrates like these are some of the most fattening ingredients around and closely linked to obesity. ⁽⁷⁾



The #1 Worst Carb Ever (don't eat this)

At the link below, we're going to let the cat out of the bag on what is undoubtedly the #1 WORST carb EVER, and how the money-hungry food industry is conspiring to sneak this nightmare carb into just about *everything*.

In the end, this extremely common carb wreaks havoc on your fat-storing hormones in a MAJOR way, and has even been shown to hamper memory, slow brain activity, and increase your risk of Alzheimer's.

==> [The #1 Worst Carb EVER \(don't eat this\)](#)

Of course, any conversation involving these wheat-based products also leads to the mention of gluten, a protein inherent to wheat that can cause sensitivities, digestive discomfort, fatigue, depression, headaches, eczema, and you guessed it, difficulty with weight management. ⁽⁸⁾

Best-selling books have been written on the topic, correlating gluten and obesity, and researchers from Brazil seem to have fortified that connection. Specifically, scientists found that rats fed a gluten-free diet experienced reduced body fat, tissue inflammation, and insulin resistance. The authors concluded that "gluten exclusion should be tested as a new dietary approach to prevent the development of obesity and metabolic disorders." ⁽⁹⁾

If that's not enough, it may also be important to consider the serving sizes and the number of calories and carbohydrates that these types of foods pack. Take a standard bagel from your favorite local bake shop for example. Although "low-fat," these will average somewhere around 300 calories per bagel. That doesn't seem like much perhaps, but they'll generally contain about 60 grams of high-glycemic carbohydrates per serving as well.

What's more, there's a very good chance that you'll be adding some kind of topping,

either cream cheese or a highly processed fruit-based spread to boot. All of this adds up to a fat-storing nightmare. Worse yet, the resultant “crash” in blood sugar and insulin after one of these highly refined source of carbohydrates is very likely to leave you hungry in just a couple short hours and force your body to come calling once again for a quick “sugar fix” of high GI carbohydrates. ⁽¹⁰⁾

#2: Fruit Juice and Dried Fruit

The vast majority of nutritionists would concur that fruit, in moderation, is a very healthy, nutrient-dense food. Packed with vitamins, minerals, phytonutrients, and fiber, it’s no secret that a diet rich in fruits (and vegetables) confers many health benefits. According the United States Department of Agriculture, eating a diet rich in fruits and vegetables may ⁽¹¹⁾:



- Reduce the risk of heart disease, including heart attack and stroke;
- Protect against certain types of cancers;
- Reduce the risk of obesity and type 2 diabetes;
- Lower blood pressure and may also reduce the risk of developing kidney stones and help decrease bone loss.

That’s quite a laundry list of health and body composition benefits, and that’s precisely why we recommend consuming upwards of 1 – 2 servings of vegetables with each feeding (e.g., 5 – 10 per day) as well as fruit in moderation.

It’s also easy to see why food manufacturers would like for you to believe that drinking fruit juices are just as healthy. After all, they’re supposed to be made from the whole fruit, right? Not so fast.

In a study that appeared in the *European Journal of Nutrition*, researchers compared eating whole apples to drinking apple juice and the impact on various markers of overall health. Subjects that ate whole apples experienced significant decreases in LDL

(i.e., “bad”) cholesterol whereas the subjects who consumed apple juice actually saw significant increases in LDL cholesterol. ⁽¹²⁾

30 second daily “trick” FLATTENS your belly

How would you like to flatten your belly in just 30 seconds a day?

Well, you CAN.

In fact, it’s almost ironic... this 30 sec trick is by far one of the most effective fat loss strategies our clients have EVER tried, and it’s also the easiest to implement.

Literally, just 30 seconds a day:

==> [30 second daily trick FLATTENS your belly](#)

While these findings were specific to cholesterol and there were no significant differences in body weight over the 4-week study period, these findings are significant. The researchers attribute this difference to the fact that the juicing process significantly reduces the polyphenol and pectin (e.g., fiber) content that would typically be found in whole apples, and as previously cited above, low fiber intakes are correlated to increased risk for diabetes and obesity.

Furthermore, many store-bought fruit juices also have other added sugar, preservatives, and other artificial ingredients. In addition, the processing (e.g., pasteurization, high-heat) may alter the amount of health-conferring polyphenols, fiber, phytonutrients, etc., that are often found in fruits.

When it comes to fruit juice, it’s also important to highlight serving sizes. A single medium-sized orange contains about 60 calories and 15 grams of carbohydrates, with 3 grams of fiber and 12 grams of sugar. An 8-ounce glass of commercial orange juice, on the other hand, contains double the carbohydrates and sugar (with negligible fiber) and nearly twice as many calories. What’s more, you could down that glass of juice in less than half the

time it takes to enjoy the whole fruit—that's a natural form of mindful eating.

It's important to note that the above discussion pertains to store-bought fruit juices. Juicing at home—with REAL fruits AND vegetables—is a different story, and including small amounts of homemade juice is acceptable. While juicing does remove the naturally-occurring indigestible fibers, fresh juice extracts provide a concentrated source of the vitamins, minerals, enzymes, and phytonutrients (i.e., plant chemicals) inherent to fruits and vegetables. What's more, juicing often results in a greater variety of vegetables and fruits consumed, which means a more dense array of nutrients.

Unfortunately, dried fruit is not much better than fruit juice, and some of the very same concerns arise (e.g., portion sizes, added sugar). Cup for cup, dried fruit can have up to 8 times the number of calories as its fresh fruit parent. For example, a cup of grapes contains about 60 calories and 16 grams of carbohydrates. On the contrary, a cup of raisins contains over 430 calories and a whopping 115 grams of carbohydrates, with 86 grams coming from sugar.

With that being said, the occasional consumption of dried fruit is indeed acceptable, and when doing so, we recommend that you keep the aforementioned items in mind. For example, you may look for dried fruits with no sugar added, or you may even make your own at home using a dehydrator. When consuming dried fruits, we do encourage you to be mindful about portion sizes, as they are generally more calorie-dense than fresh, whole fruits.

#3: Smoothies

If your goals are to lose fat and improve your health, then you are probably well aware that you should eliminate sugary drinks like soda, sports and energy drinks, and even fruit juices (as mentioned above). After all, a can of soda contains nearly 40 grams of refined sugar in most cases, which will not do your waistline any favors.

What may SHOCK you, however, is that something that people reach for **all the time** to support their weight loss



goal—a fruit smoothie—can actually have THREE TIMES MORE sugar than a can of soda if buying one of these so-called “healthy” beverages at your local smoothie shop.

These popular smoothie chains offer options that are supposed to help folks “trim down,” “shape up,” and “snack right,” yet these smoothies can contain upwards of 100 grams of sugar in a serving—and these are the SMALL sizes. As a point of reference, that’s a whopping 25 teaspoons of table sugar. You’d be hard-pressed to find that amount of sugar in one serving of anything—except for in a “healthy” fruit smoothie.

What’s more, carbohydrate-laden “foods” like these have the greatest impact on insulin secretion. As a storage hormone, insulin’s task is to push nutrients into the body’s tissues, like muscle and fat and the liver. Insulin can also put the breaks on lipolysis and fat oxidation (e.g., fat burning) and can increase the storage of carbohydrates as fat. ⁽¹³⁾

While insulin is notorious for its ability to put the brakes on fat burning, leading to fat accumulation, another hormone called glucagon is well-known for its ability to counteract the effects of insulin. Specifically, glucagon secretion results in an increase in fat burning ⁽¹⁴⁾, and it also inhibits the release of insulin. Glucagon, which also is secreted by the pancreas, is released in response to low levels of blood glucose and in response to protein intake. As a matter of fact, high protein meals stimulate the secretion of glucagon, which results in an increase in fat burning. ⁽¹⁵⁾

Eat this TWICE daily for accelerated fat loss

At the link below, we’re going to show you the #1 fat-burning meal of ALL-TIME, and how by eating this simple meal twice daily, you can shed fat faster AND easier than ever before.

Even better, you can prepare this simple fat-melting meal in less than 60 seconds.

No, it’s not too good to be true.

==> [The #1 Fat-Burning Meal \(Eat this 2xs a day\)](#)

Thus, if you want a fruit smoothie, we recommend that you steer clear of these smoothie shops serving up sugar-laden, waist-expanding beverages. They are bad news for your health and your fat loss goals. Instead, we recommend using real fruit, and be absolutely sure to add some high-quality protein. Here's a great template to build a delicious fat-burning fruit smoothie:

- 2 scoops [BioTrust Low Carb](#) time-released protein blend
- 8 – 12 ounces low-calorie liquid (e.g., water, unsweetened almond milk, unsweetened green tea)
- 1 – 2 cupped handfuls of fruit (e.g., berries)
- 1 fistful of veggies (e.g., spinach, kale)
- 1 thumb-sized portion of healthy fats (e.g., nuts, nut butter, Omega Dessert)

Now, that's what we call a great-tasting, nutrient-dense, fat-burning fruit smoothie!

#4: Corn

Corn is a vegetable right? What the heck is it doing on this list? Commonly referred to as maize, corn is actually a *grain*. Now, that distinction doesn't necessarily make it "bad" for your or fattening. As a matter of fact, there are many great true whole grains that can certainly be included as part of a healthy, fat loss nutrition plan:



- Full flake or steel-cut oats
- Amaranth
- Quinoa, which is technically considered a seed
- Millet
- Spelt
- Barley
- Wild rice, which is technically considered a type of grass
- Sprouted grains

These minimally-processed whole grains provide myriad benefits:

- They're high in naturally-occurring, intact fiber, which helps keep you satiated and

supports a healthy GI tract;

- They're slow-digesting, which helps stabilize blood sugar and energy levels; and
- They're loaded with naturally-occurring vitamins and minerals, packaged in the way that nature intended.

Organically-grown corn on the cob is not so much the problem as are the myriad corn-based foods that line supermarket shelves. In America, corn is one of the top four most-heavily subsidized crops. Because farmers have serious incentive to plant it, it's no wonder how corn and all its many derivatives have found their way into the food supply. What's more, nearly 90% of all corn crops in the US are genetically modified (GM), which is an important topic for discussion in and of itself.

One notable ingredient derived from corn that attracts great media attention as one of the biggest health-derailing villains is high-fructose corn syrup (HFCS). Researchers have linked HFCS consumption to obesity, cardiovascular disease, insulin resistance, and diabetes. ⁽¹⁸⁾ What's more, scientists at Princeton University found that rats with access to HFCS gained significantly more weight than those with access to table sugar, even when their overall caloric intake was the same. ⁽¹⁹⁾ The researchers concluded:

“This increase in body weight with HFCS was accompanied by an increase in adipose fat, notably in the abdominal region, and elevated circulating triglyceride levels. Translated to humans, these results suggest that excessive consumption of HFCS may contribute to the incidence of obesity.”

As mentioned, this is not meant to dismiss whole grain sweet corn (i.e., corn on the cob), preferably organically-grown. As a matter of fact, this minimally-processed whole grain can indeed be a part of balanced nutrition plan, as it is a good source of antioxidants, phytonutrients, and fiber. What's more, sweet corn has a moderate glycemic index.

However, the more heavily processed forms of corn (i.e., milled) that you'll find in items like breakfast cereals, baked goods, tortillas, snacks, etc., exhibit a significantly higher glycemic index and contain little fiber, which means that they contribute to rapidly spiking your blood sugar and insulin levels. As you already know, this ends up being a recipe for fat loss disaster.

#5: High-Fiber Cereals

As we've discussed, researchers have linked low fiber intakes to increased risk for diabetes and obesity. Simply put, fiber is a nutrition all-star, as it promotes satiety, regularity, cardiovascular health, and many other health and body composition benefits. Thus, high-fiber breakfast cereals must be a healthy option, right? You know what's coming next...not so fast!

While many breakfast cereals are low in fiber because of the processing of the grains, which removes the high-fiber bran, it's not uncommon to find cereal boxes touting high fiber contents. While this seems like a step in the right direction, you still must proceed with caution.

Many cereals that boast high amounts of fiber have to be reviewed quite carefully. Is the fiber a naturally-occurring component of the whole grain? Or, is it an isolated, "fake" fiber (e.g., psyllium husks, soy fiber, polydextrose, etc.) that has been added into the product? Or, perhaps the wheat bran added back in as a separate ingredient (as opposed to occurring in its natural form).

The Nutrition Action Healthletter says that there "isn't good evidence that these lower the risk of heart disease, constipation, and diabetes the same way intact fiber, the kind in the outer layer of whole grains, does." ⁽¹⁶⁾

Interestingly, when researchers compared the ingestion of a high glycemic corn-based cereal to a low glycemic wheat bran cereal, they found some rather intriguing results. The low glycemic index of the high-fiber bran cereal was NOT due to the fact that it was more slowly digested (i.e., rate of appearance). Rather, it seemed to have a lower glycemic impact because the body more rapidly digested and absorbed it (i.e., rate of clearance). ⁽¹⁷⁾

It's important to note that the second ingredient in this high-fiber wheat bran cereal is sugar. Thus, the isolated wheat bran had little to no effect on slowing the digestion of a separate sugar component. Furthermore, the insulin response to the high-fiber wheat bran cereal was significantly higher than that of the low-fiber corn-based cereal. This goes to show that added fiber (i.e., not intact) may have little to no effect on the glycemic and/or insulin response. Furthermore, it is also a great reminder to check the

ingredients labels in high-fiber cereals to check for added sugar content. For example, one popular high-fiber cereal lists sugar as its second ingredient and contains nearly as much sugar (7 grams) as it does fiber (9 grams) per serving.

When it comes to buying cereal in a box, your best bet is going to be choosing one of the cereals in the Ezekiel 4:9® line from the good folks at Food for Life®. Not only do they use only completely organic grains, they also use a very unique type of true whole grains, called sprouted grains.

Do you POOP enough?

Please excuse the somewhat personal nature of this excerpt, but the information we are about to share below is extremely important for both you and your digestive health.

You may not think that you're constipated, but in reality, it is VERY likely that you ARE.

You see, constipation is not simply "not being able to go", or only eliminating once a week...that's severe constipation. The truth is, a healthy digestive system should be eliminating after every meal.

Are you moving your bowels several times a day, once for every meal you eat? If not, you are suffering from constipation, which will cause a build up of toxins and undigested, rotten, putrid food in your digestive system.

This can make it much harder for you to lose fat while also wreaking havoc on your digestive system and overall health...really bad stuff. Just imagine all that rotted, disgusting food sitting there in your digestive system...yuck!

Fortunately, this can be corrected rather quickly, with a few simple steps:

==> [4 tips for healthy digestion and regular bowel movements](#)

Sprouted grains are distinctly different from their traditionally harvested counterparts, and they have many favorable advantages over conventional grains like wheat. What's more, sprouted grain cereals and products from Food for Life are completely flour-free. That's right, you'll actually be consuming the whole grain. Ezekiel cereals are truly made with whole grains, unlike the vast majority of other boxed cereals, which are made from flour. As it has been noted on multiple occasions, the pulverization of a grain into flour essentially creates a heavily processed carbohydrate, which rapidly enters the blood stream. As you know by now, fast-digesting carbohydrates spike your blood sugar and your insulin levels, which contribute to chronic inflammation and fat gain.

#6: Baked Potato Chips, Pretzels, and Popcorn

You want a “healthy” snack, so why not reach for some pretzels or popcorn? They're low in fat, so they *must* be healthy, right? Baked potato chips have to be better than their “regular” counterparts, right? Not. So. Fast.

If sacrificing taste was an automatic qualifier for something to be healthy, perhaps the cardboard-reminiscent baked potato chips would be nominated for one of the healthiest foods of all time. However, this is not the case, and simply put, baked potato chips are not a healthy option. As a matter of fact, they may be worse than fried potato chips.

Baked potato chips contain more health-damaging ingredients (e.g., additives, preservatives) and are more heavily processed than regular potato chips. If you take a look at a bag of baked potato chips, you're likely to find dried potatoes listed. Dried potatoes are subjected to very high heat. This can cause the starches to form a compound called acrylamide, which is known to have devastating effects on health.



Never eat this type of fish (EVER)

While we've been led to believe that fish is one of the healthiest food choices around, what you probably didn't know is that there are 4 specific types of fish -- all very common -- that you should literally NEVER eat due to incredibly high levels of contamination that can and WILL hammer the delicate cells of your body with **toxic inflammation...**

In the end, this toxic inflammation build up contributes to achy joints, premature aging of the skin (and less visible organs like the heart, kidneys, and liver), difficulty shedding excess weight, cognitive decline, forgetfulness, feeling blue and moody, and so much more...

Whatever you do, **AVOID these 4 types of fish** like the plague:

==> [NEVER eat this type of fish \(EVER\)](#)

What's more, baked potato chips frequently contain genetically-modified corn- and soy-based ingredients. In the case of the former, these often manifest themselves in the form of Omega-6-rich inflammatory oils and refined sugars.

Pretzels, which are frequently lauded by health enthusiasts as a low-fat snack, belong on the shelf right next to the baked potato chips. They are made from the same type of high glycemic refined flour as white bread, and they contain some of those very same corn-derived ingredients (e.g., corn oil, corn sugar) that you'll find in baked potato chips.

Lacking in healthy fats, protein, and fiber, there's a reason why there's a famous marketing tag line associated with potato chips and pretzels. You really can't eat just one because they do nothing to satisfy your appetite. As a matter of fact, if you ever manage to remove your hand from the bag (before it's empty), you'll likely be going back to it shortly thereafter to satisfy that next carbohydrate craving after your blood sugar comes crashing down.

You can also add the popular snack item rice cakes to this category. This fat-free option is also void of fiber and protein, ingredients that help satisfy your appetite and support your fat-burning metabolism. You'll find that you can easily eat two or three rice cakes, which will add a significant amount of calories and carbohydrates to your daily total but little in terms nutrients, satisfaction, or appetite control.

Popcorn may also be added to this category, as store-bought and movie theater varieties are typically loaded with inflammatory fats, trans fats, and sodium. As previously mentioned, nearly 90% of all corn crops in the US are genetically modified (i.e., GMO), which poses additional health, ethical, and environmental concerns. What's more, portion control is also an issue with popcorn, as most folks don't stop until they crunch down on one of the un-popped kernels at the bottom of the bag or bowl.

These so-called healthy snack foods are nutrient-sparse, as they contain little in terms of healthy fats, protein, fiber, vitamins, minerals (besides excessive amounts of sodium), or phytonutrients, and they are literally "fat traps," as they encourage unlimited portion control and do little for your appetite.

#7: Trail Mix

Pardon the pun, but most store-bought trail mixes can take a hike! Generally speaking, the vast majority is a combination of nuts (mostly, if not all, peanuts), dried fruit (which was discussed above), and often some type of chocolate (but not the healthy, cocoa-rich kind).

In essence, you've got a heavily-processed high-carb AND high-fat snack, which is typically not the best combination when fat loss is the goal. As mentioned above, insulin is a storage hormone, which can increase the body's storage of both fat and carbohydrates as body fat. When blood levels of both carbohydrates and fats are high, there's a greater likelihood that the body will use carbohydrates for fuel while storing fat for later use.



Do this ONCE per day (takes seconds; 11 major health benefits)

Could it really be that ingesting this one single “super nutrient” from good ol’ Mother Nature, just ONCE per day, could provide ALL of these incredible health benefits at the SAME time?

1. Increased heart health
2. Sharpened focus
3. Heightened memory
4. Reduced joint pain
5. Improved eye health
6. Greater bone density
7. More youthful skin, nails, and hair
8. Mood enhancement
9. A slimmer waistline
10. Natural hormonal enhancement
11. Anti-aging benefits

...AND MORE?

Yes, it’s true, and at the link below we’re going to tell you ALL about this breakthrough “super nutrient” and exactly where you can find it (inexpensively) so you can begin experiencing all of the above benefits for yourself—quickly and easily—each and every day.

In fact, according to many top medical doctors today, this single “super nutrient” just may be the most important nutrient EVER for your health, well-being and longevity.

==> [**Do THIS once per day \(takes seconds; 11 major health benefits\)**](#)

What's more, trail mix is a very calorie-dense snack. Generally speaking, most people consume far more than one serving, which is typically one ounce. One popular trail mix contains 150 calories per ounce, which is only a few tablespoons, along with 9 grams of fat and 11 grams of sugar. Considering that most folks will eat double that amount or more, you can see how this supposedly healthy snack may have a less than desired effect on your weight loss goals.

That being said, some of the foods, like nuts and dark chocolate, can indeed be very healthy snack options that help you fight fat. However, we recommend choosing organic, raw nuts instead of the "regular" versions, as the former are typically far more nutrient-dense. As a matter of fact, regular nuts are often fried in oil, usually peanut and/or canola, which are rife in inflammatory Omega-6 fatty acids. This high-heat process may also change some of the health characteristics of the nuts—even leaving them with trans fats.

You may consider making your own homemade trail mix with the following raw, organic nuts, which are loaded with nutrients like healthy fats, fiber, protein, vitamins, and minerals:

- Walnuts
- Cashews
- Pistachios
- Almonds

If you'd like to add something unique to the mix, you may consider adding some organic cacao nibs, which are considered to be "nature's chocolate chips." Cacao nibs are an anti-oxidant powerhouse, and they're loaded with fiber and minerals, like magnesium and iron. What's more, they are a rich source of theobromine, which has been shown to have some unique fat loss attributes including appetite suppression and the ability to mobilize fatty acids for fuel. Now that's a winning combination!



#8: Granola and Granola Bars

While granola, which at its very base is nuts and oats, can be quite a healthy and tasty treat, unfortunately most commercial preparations of granola are typically rife with a host of unhealthy additives, sugary ingredients, calorie-dense dried fruits, and inflammatory oils. What's more, granola can be a very calorie-dense option, and the serving size is often much smaller than what most folks consume.



For example, one popular brand of “low fat” granola contains 14 grams of sugar per half-cup serving. In addition, you’ll find no less than four different types of refined sugar when reading the ingredients. Even many of the organic brands are just as poor options. For example, one popular organic brand also contains 5 different sugary ingredients contributing to 14 grams of sugar per serving. On top of that, it also contains sunflower oil, which is rich in inflammatory Omega-6 fatty acids. Of course, most people are going to consume far more than the recommended serving size when pouring a bowl of granola, which will only compound the calorie density and added sugar issues.

Although commonly thought of as a healthy snack, granola bars are a microcosm of granola. Granola bars are nearly always packed with processed ingredients, including unhealthy oils and various sources of refined sugar, including high-fructose corn syrup. Due to the high glycemic carbohydrates and lack of protein and fiber, these will often leave you reaching for another high-carb snack in no time at all.

Do THIS before eating carbs (every time)

At the link below, we're going to show you our #1 carb-fighting trick that you can use each and every time you eat carbs. This simple carb-fighting "ritual" is clinically proven to:

- *Lower your blood sugar
- *Increase insulin sensitivity
- *Decrease fat storage
- *Increase fat burning

Even better, you can perform it in just a few seconds...and it WORKS like gangbusters.

==> [Do THIS before eating carbs \(every time\)](#)

WRAPPING THINGS UP

Listen, we know that healthy eating isn't always easy—especially at first. It requires lifestyle modifications, and it can require some time in planning and food preparation. However, healthy eating also neither has to be perfect nor does it have to be an exercise in rocket science with counting calories and macronutrients, weighing foods, documenting everything you put into your mouth, and the like.

Eating healthy also doesn't mean that you can never enjoy your favorite foods again. Perhaps it does involve a paradigm shift, but there are amazing and creative chefs out there who have put together incredibly healthy recipes for pizza, burgers, cookies, snack bars, sandwiches, ice cream, chips, dips, dressings, and more.

At the end of the day, healthy eating will typically involve consuming a wide variety of minimally-processed one-ingredient foods and a balance of proteins, healthy fats, and high-fiber carbohydrates (that haven't undergone tons of processing). We encourage you to re-define your “rules” of healthy eating!

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