

Weight Loss - The Hidden Calories

Weight loss always seems to be a popular item of discussion. The most popular method continues to be fad dieting. This often leads to the yo-yo effect. You lose some weight, but the second you stop the diet, you end up gaining the weight back and sometimes more than you lost. Remember, fads are just that fads, and fads don't last. However, there may be an easier answer. Smaller changes are easier to make and stick with than big ones. Making some small changes may make more of a difference than you even know. Many of the popular foods or beverages you consume may have more calories than you think.

One of the most obvious and most common culprits is a sweet can of soda. Each can of soda can contain 200 to 250 calories per can. Each can has the same amount of calories as a candy bar, and less nutritional value. Three or four sodas, or liquid candy bars, can account for a large portion of your daily calorie intake. So what do healthy people do, switch to fruit juice, right. Some fruit juices can have as many calories as a can of soda. A better solution is to drink water, the zero calorie drink, and have an orange, which only has 60 calories.

Many of our healthier foods also are not quite as healthy as one might think. We



Stay Healthy

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have all heard the importance of eating a low fat diet for our long-term health. Thus, the invention of low fat foods or better yet "reduced" fat or calorie foods. The key questions to remember is reduced from what and how much of a reduction. Reduced fat foods are lower in fat, but often have high sugar, and thus are higher in calories. Low fat and high calories means still allows your body to produce fat.

That healthy salad your eating is fine. Although, be careful of that salad dressing. Some low fat salad dressings can have as many as 100 calories in a single tablespoon. Two to three tablespoons and you again just ate the same amount of calories as a candy bar. The

same goes for foods like yogurt, not all yogurts are created equally. Some yogurts have higher fat and sugar contents than others. It is recommended that you read the labels before you buy reduced fat foods and condiments. Check the calorie contents. Consider spicing up foods by trying lower calorie condiments such as lower calorie dressings, ketchup, salsa, or mustard.

Did you recently stop eating that morning donut with your coffee and switch to a muffin? Well little do you know that muffin may have more fat and sugar than that donut. Most grocery or convenience store, and restaurant muffins contain 300 to 500 calories. They load them with butter and sugar to make them taste better. Consider a bagel, which now come in a variety of flavors, but still read the labels for fat and sugar content.

Get educated, get health smart, and live longer and happier.