

**Special Report Number 1**

**Watch  
Out  
for  
Foods  
that  
Increase  
Body Fat**

## **Foods that Increase Body Fat**

To better learn what foods you should eat, it is best to learn first what you should not eat!

Knowing the various food types you should not eat better prepares you to more likely make the correct choice in eating foods that are healthier.

Foods that contribute to the body's storage of fat have certain properties in common among all of them. They all have high calorie content and high calorie density per unit of volume; they also contain inordinate amounts of refined sugar, sodium, fat, including saturated and trans fats. They also contain flavor enhancers, fillers, artificial colors and flavors and are normally low in nutritional value or have negative nutritional value because the human body stores unburned calories as fat.

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**DONUTS:** The main ingredients of donuts are refined sugar and saturated fats. Since donut is produced from white flour, it means that it has already been stripped of any nutritional value. Donuts also contain chemical agents to keep them soft and tasty.



**FRIED FOODS:** Fried foods are generally harmful because they are high in calories and fat content. Note that frying destroys essential fatty acids. Nutrients in food are burned as the result of frying and proteins turn into potentially carcinogenic acrolein.



### **FRUIT DRINKS and SUGAR-SWEETENED BEVERAGES:**

These types of beverages are nothing but calories which people drink, regardless if the labels say the contents are real fruit juice. If you read the other ingredients, you will find that these beverages also contain sugar, sucrose, corn syrup or high fructose corn syrup which does not help in your fight to have a healthy and slim body.



**HOT DOGS and BURGERS:** Hot dogs and hamburgers are just two examples of America's best loved foods. Hot dogs are processed meat products made up of some meat mixed with fillers, stabilizers, sodium, preservatives, artificial colors and artificial flavors. Hot dogs are a combination of chemicals and additives combined with meat with plenty of unhealthy fats. Remember, the rule in proper and healthy nutritional practice is that natural foods are always better than refined foods. It is best to eat seafood, chicken or turkey breast and egg whites rather than eat refined and processed meats. On the other hand, regardless if hamburgers are



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made from real meat, they are nonetheless made from the fattiest meat available.

**ICE CREAM:** Although ice cream is an all-time favorite dessert by almost everybody, keep in mind that ice cream is full of fat, sugar and calories. It also contains artificial colors and flavors, preservatives, emulsifiers and stabilizers – all of which threaten to wreak havoc on your goal of a healthy lifestyle. There are, however, many alternatives to ice cream that are equally delicious and satisfying like fruit sorbet or sugar free, low fat frozen yogurt. If you really must have your share of ice cream, just be sure to watch eat the reduced fat or fat free version otherwise you be sure that those tasty ice cream calories will turn to fat.



**PASTRY:** Pastries like cookies, cakes and pies are in the same categories as donuts; just because they are baked instead of fried does not mean they are any better. The combination of fat and sugar is the worst of all combinations; sooner or later, eating more than your fair share of these baked foods will give you a copious hip section that you can do without.



**PROCESSED MEATS:** Most processed meat like bacon, ham, sausage, salami, and bratwurst are a typical part of anybody's diet. Unfortunately, these processed foods contain more calories, saturated fat, sodium, sugar, nitrites, additives, enhancers, stabilizes and coloring that is good for the body! It is best to stay away from all fatty and processed meats and stick with lean proteins sources which are healthier for the body.



**SODA:** Soft drinks are billion dollar industry worldwide and the total consumption of carbonated beverages in last year (2005) is estimated at approximately 12 billion cases. This translates into an average of 58 gallons of

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soda per individual per year, all over the world! 95% of soft drinks is water, however, the high amount of sucrose and high fructose corn syrup used to sweeten soda is contributes greatly to making us fat. Studies reveal that consuming liquid calories does not make us cut back on solid calorie intake; therefore, drinking soda makes us consume more calories than is necessary!



**SNACKS:** Potato, nachos and corn chips are definitely on the forbidden list. The high sodium content of these snack foods is very unhealthy for the body. Aside from the dangerous sodium, these snack chips also contain fat, flavor additives and refined which are very low on nutritional value. As a general rule, processed and manufactured foods are not as healthy as natural foods because of the refining and processing involved which either strips them of minerals and the addition of unhealthy and unnecessary additives that are dangerous to the body.



**SUGARY BREAKFAST CEREALS:** The main star of America's breakfast table is the supposedly healthy cereal food. However, most of these cereals are produced and delivered to the supermarket shelves and on the breakfast table with one very dangerous ingredient – refined sugar! To the point that some of these breakfast or snack cereals contain more than 50% sugar of their total package weight! Some manufacturers try to make them healthier by fortifying their products vitamins and minerals and replacing sugar with fruit juice or fructose. Now you have a bowlful of high calorie food which turns to fat in the body! Forego these types of breakfast cereals unless they are unsweetened and made from whole grains or shredded wheat.



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**WHITE BREAD:** Worldwide, second only to rice white bread is the staple food of majority of the world's population. White bread is produced from refined flour (white flour), it is basically a refined carbohydrate with little or no nutritional value compared to whole grain breads made from 100% wheat or rye. Breads made from whole grain or whole wheat flour has all the natural vitamins, minerals and fiber left intact. The milling and grinding process to refine flour into white flour turns the whole grains from a complex carbohydrate into a simple carbohydrate, putting it in the same category as refined sugar. Refined carbohydrates include white flour, corn syrup and white sugar – they are foods that readily turn to fat in our bodies! So are foods that are produced using them as main ingredients such as bagels, pitas, crackers and anything else made from white flour.



**WHITE SUGAR, CANDY and CHOCOLATE:** Intake of refined carbohydrates and more than enough calories are the main causes of making us fat. So, does that mean that eating less of foods that contain refined carbohydrates is alright? Not really, these foods are also dense in calorie content! Most especially sugar which does not contain any vitamin, mineral or fiber just plain and simple calories! Besides, refined sugar invariably increases blood sugar and insulin levels, which also increase fat storage and prevent the release of stored fat.



Some of refined sugar's damaging properties and undesirable secondary effects are:

- It is a major factor to gaining body weight and increasing body fat
- Increases the body's bad cholesterol levels while decreasing the good cholesterol levels
- Increases triglyceride levels
- Suppresses the body's immune system

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- Depletes the body of important minerals and micronutrients
- Causes hypoglycemia
- Major contributory factor to diabetes
- Causes certain types food allergies

Simply by reducing refined sugar intake can do wonders to health and body!  
You'll be surprised at the gradual increase of your energy levels and composition  
of your body in a short period of time! ☐