



The Diet Deceptive Dozen

12 Foods Flying Under Your Radar

by Kyrin Dunston MD

Welcome To The Diet Deceptive Dozen!

I know you want to eat healthy and lose weight, but when it comes to prepared foods, it's hard to know what's OK and what's not OK. That's why I created this guide for you. To help you navigate the maze of misleading advertising and labelling and be well armed to make excellent choices that support you in your desire for improved health and a better life.

The Diet Deceptive Dozen – 12 Foods Flying Under Your Radar

If you've been on a diet for quite some time now, you might feel as though you have a good grasp on what's health and what's not. You've done your research and by now know exactly what you should and shouldn't be eating.

Or do you?

That is the question I want to pose to you today. You see, many people think they are eating a very healthy diet that is doing their body well, when in reality, there are many sneaky foods coming into play that are throwing them off their game. In fact, some of these foods may even be putting them at a very high risk for disease and future health problems.

Unless you examine your foods under a microscope however, they may pass you by. The good news is we've done the dirty work for you. I am about to present to you what I like to call my 'diet deceptive dozen' – 12 foods that are not as healthy as you think.

Some of these might downright shock you. Others, you may have already had a hunch about. Whatever the case, one thing is certain and that is that these need to be removed from your diet – STAT.

Here are the 12 offenders you MUST be aware of.

This guide is designed to reveal the secrets of the food industry that mislead you and keep you eating foods you think are healthy for your weight but really aren't. Please cut out the cheat sheet pocket card at the end, put it in your wallet and refer to it when you go shopping.

Happy Shopping!

Dr. Kyrin



Diet Destroyer #1: Granola Bars

Do you often start your day with a delicious and hearty granola bar? It's got fiber, whole grains, and even some dried fruit. What's not to love, right?

The big issue with granola bars is two-fold. First, take a good look at the sugar content and prepare to be shocked. Most people think that these are relatively low sugar options but it's not unusual for granola bars to pack in 10, 15, even 20 grams of sugar or more.

Considering the fact that the average woman should consume no more than 24 grams of sugar per day (that's about 6 teaspoons), you are going to be near your daily limit right after eating those granola bars. Ask yourself, do you really want to spend all your sugar on this one item? It will make keeping yourself within your limits considerably harder. There are much better breakfast choices you could be having.

Also, note that sometimes 'sugar' isn't listed as sugar on the label for these granola bars. There are many other terms used to describe sugar such as glucose, high glucose-fructose corn syrup, honey, molasses, and evaporated cane juice and concentrated fruit juice, so make sure you get well acquainted with all of these deceptive terms as well.

The second big issue with granola bars is the fact they are usually not gluten free. If you're trying to lose weight or improve your health eliminating gluten is one of the most important measures to take. Gluten is highly inflammatory and if not organic, contains a highly toxic pesticide called glyphosate. Inflammation in the body is like rust and high levels are what make us ill and gain weight.

Common symptoms from gluten and inflammation include feeling bloated, fatigued and fuzzy minded. It can contribute to arthritis and generalized aches and pains in the body.

So get those granola bars off your grocery list. Remember that when checking granola bars you need to be careful about the serving size. If the nutritional panel lists the food as having 8 grams of sugar per serving, but one serving is one bar and there are two bars in the package, know that eating both bars will load you up with 16 grams of sugar.

Instead of granola bars try hardboiled eggs with a little sea salt. They are easy to prepare ahead and carry with you. They are packed with protein, low in sugar and terrific for breakfast on the go or a midday snack.



Diet Destroyer #2: Protein/Energy Bars

Okay, so you might already realize that granola bars aren't your best bet. Surely your protein bar is better, right? It contains far more balanced nutrition given it has 10 or more grams of protein per bar.

Not so fast! Here again, check the sugar content. Most protein bars aren't much more than glorified candy bars with a little protein added in. Even some of the newer, seemingly healthy protein bars that are made solely of nuts and fruits contain more than your daily allotment of sugar in just one bar. Don't fall for the trap of thinking it must be healthy because of the packaging or advertising. Get the facts before you eat it.

If you look at the ingredient label, you'll see that most protein bars have a whole lineup of ingredients – most of which you likely can't pronounce. Sometimes there are as many as 30 different ingredients in one bar!

Follow this golden rule: If you can't pronounce it, don't put it into your body. Also, follow my rule of 8: If it has more than 8 ingredients, it likely is not healthy for you to eat.

Period.

You don't need artificial ingredients, preservatives, and extracts going into your system, which most of these bars are full of.

Instead, carry protein-laden snacks such as nuts and seeds with you. Pecans, walnuts, pistachios and sunflower seeds are all good choices. Many people worry that there is too much fat in these foods and that they contribute to weight gain when the exact opposite is true. It's not fat that makes you fat, it's sugar. Seeds and nuts are secret weapons in losing weight!

Diet Destroyer #3: Diet Drinks

Clearly avoiding regular soda is a no-brainer. It's loaded with sugar and calories– both of which work against your goals. Most regular sodas contain over 30 grams of sugar in one serving.

But what about diet drinks? There are no calories or sugar there. Nope. But they do contain artificial sweeteners such as Sweet N Low, Nutrasweet and Equal. These sweeteners are chemicals, are not natural for your body and can have a number of unwanted side effects such as digestive



distress, gas, bloating, headaches, and may even be linked to serious health conditions and diseases.

Plus, they keep you craving sweet tasting foods. Thus, this makes it harder to avoid sugar in the long-run. Studies have repeatedly shown that eating artificially sweetened foods increases weight gain. In the long run people fare far better with their weight when they avoid sweet tasting foods altogether and reset the "sweet point" of their taste buds to prefer naturally sweet foods only.

There are many artificial sweeteners out there – Aspartame, Sucralose, Acesulfame-K, Saccharin, Xylitol, Sorbitol – avoid them all. Note that this includes those cute little flavor drops you may be using to flavor your water as well.

If it says "diet" anything on the label pass it by. Choose naturally occurring foods and drinks instead. When it comes to losing weight drink water, water and more water. Find ways to jazz it up a bit with a little bit of citrus juice or letting it sit with sliced cucumbers in it. There are so many ways to make interesting and health supportive things to drink from water

Diet Destroyer #4: Energy Drinks

If you want a quick boost to your energy level, you need not look any further than your favorite energy drink. Here again, there are three main problems.

1. Sugar. Check the label. Unless it's sugar free, these are no better than a regular soda.
2. Chemicals. Artificial sweeteners, colors, extracts – all will usually be in these beverages.
3. Caffeine. While it may provide you with a temporary 'high', you'll crash shortly after.

It is important to stay hydrated throughout the day, especially when exercising. Generally, plain, filtered water will replenish what you lose and no special fluids are required. If you are participating in high intensity sports or exercise then replacing electrolytes with an unsweetened electrolyte water like Smart Water is a good idea. In the long run, it'll serve you best.

Diet Destroyer #5: Smoothies And Fruit / Protein Drinks

If you want to make a delicious homemade smoothie in the comfort of your own home, go for it. Seriously. You control what goes in and can whip up a shake that will be good for your body.



Just make sure you are considering the amount of natural sugars that exist in the ingredients you use because they add up. Bananas, pineapples, melons, grapes and fruit juice all jack up the total sugar content of your drink and will cause weight gain. Opt instead for a limited amount of low glycemic load fruits such as berries, and vegetables. Learn to love a less sweet taste as it will serve you well in the long run.

Refrain from buying smoothies from a smoothie bar. Whether it's a fruit smoothie or a fruit flavored protein drink, these contain an extreme amount of sugar (both natural fruit sugar and added sugar) and often top in at over 400 calories and over 40 grams of sugar per serving.

They are not diet-friendly and even if they do provide some protein, serve to be more of a meal than a light beverage, and an unhealthy meal at best.

Also, avoid fruit and vegetable juices as they contain a lot of naturally occurring sugar that has been stripped of its fiber content. This means that there is a much higher sugar content than if you were to eat the fruit or vegetable whole. Often, seemingly "healthy" fresh veggie and fruit juices will have more sugar than a soda!

Just avoid these altogether! Drink water and herbal or green tea instead. Try some sparkling water with ice and fresh lime or herbal tea over ice for some variety.

Diet Destroyer #6: Salad Dressings / Fast Food Salads

Choosing a salad can be a good diet decision – if you choose wisely. Opt for a fast food salad however, complete with dried ramen noodles, nuts and dried cranberries and you're looking at just as many calories as a Big Mac.

Likewise, be careful of salad dressings. Low fat varieties are very high in sugar. The sugar content is increased to disguise the lack of flavor from removing the fat. Remember that it's not fat that makes us fat, it's sugar and get full fat dressing for your salad. Better yet, make your own.

Commercially prepared salad dressings usually contain added preservatives, thickeners, colorings and artificial flavorings that your body just doesn't need. Check the label to make sure you aren't getting these as they are a form of toxicity in your body that will keep you from losing weight.

Create your own salad dressing instead with a little olive oil, apple cider vinegar or lemon juice,



and some herbs and/or spices. Pinterest is a wonderful resource for recipes of all kinds, including healthy salad dressings. If you don't really like to cook know that salad dressing can be prepared in larger batches and will keep in the refrigerator for quite a long time.

Dr. Kyrin

Diet Destroyer #7: Yogurt And 2% Milk

Again, there are two big issues here. First, unless you consume only plain yogurt then you are likely getting more sugar than you think because the fruit and other flavored varieties are loaded with sweeteners. Check out that label. It may contain real fruit but that fruit is always sweetened with natural or artificial sweeteners in yogurt. This is not a good diet choice if you are trying to lose weight.

Secondly, 2% milk has less fat than regular but the same amount of naturally occurring sugar, lactose. Not to be repetitious but, it's not fat that makes us fat, it's sugar. Getting the right amount of fat actually helps us to lose weight and feel full longer.

The average glass of milk contains a high amount of lactose, or milk sugar. You'll take in nearly 10 grams per cup, so if you drink 3 glasses of milk per day you're at your sugar intake total for the entire 24-hour period!

In addition, cow's milk dairy products cause inflammation in the body. As previously stated, inflammation is the rust that accumulates, makes us feel poorly, get sick, gain weight and ultimately die.

Try some unsweetened almond or coconut milk instead. There's also unsweetened rice milk, hazelnut milk and cashew milk. Plain yogurt made from goat's milk is a better option than fruit flavored cow's milk varieties.

Diet Destroyer #8: Whole Or Multi-Grain Breads And Bread Products

You think you're being healthy by having 'whole grains'. Don't be fooled. Grains in bread and bread products are highly processed to be created into bread and are going to break down quickly in your body, spiking blood sugar levels and putting you at risk for weight gain.

All bread by nature is processed, so it doesn't really matter what type of bread you are eating, they all turn rapidly into sugar in your body. This also supplies to muffins and bagels as well.



If you are trying to lose weight switching to whole grain anything should not be part of your plan. Eliminating all processed grains and possibly all unprocessed ones will serve you best on your weight loss journey.

Try using nut flours to create some low carb bread like substitutes. Coconut flour is quite versatile in most recipes and readily available at health food stores.

Diet Destroyer #9: Cereals

It doesn't really matter how 'whole grain' that cold breakfast cereal you're eating is, it is also processed and often contains a huge dose of sugar as well. Take Bran Flakes for instance. This, most people would think, would be the gold standard of breakfast cereals – it can't be beat.

Check the stats though. Per $\frac{3}{4}$ cup of bran flakes, you'll take in 5 grams of sugar. Most people will eat at least two servings for breakfast (1 $\frac{1}{2}$ cups), meaning that's 10 grams of sugar you've packed onto your day. Add the naturally occurring sugar from the milk you put on top of that cereal and you are close to your limit of sugar for the day if you are simply trying to maintain your weight. If you are trying to lose weight then you have certainly started your day out on the wrong foot by starting with cereal.

If you have been consuming high sugar cereals then you will benefit from switching to a lower added sugar brand and if that's the most you can tolerate at first, by all means, take the step and do that.

Ultimately, most people will fare much better with their weight by skipping cereal altogether and opting instead for a protein laden breakfast of eggs or soup (this is a fabulous breakfast).

Diet Destroyer #10: Made With 'Real Fruit' Products

Don't let fancy marketing fool you. When a product says it's made with 'real fruit', this means it contains natural sugar, and often a lot of it. The designation 'real fruit' doesn't mean it's healthy for your body or your weight.

Usually, the water and fiber has been removed from the fruit in these products, which leaves you with sugar. Listing only fruit on the ingredient label looks healthy. But what has been done to that fruit is the difference between it causing you to gain or lose weight.



On the package ingredients sugar and fruits may not be listed but instead common euphemisms, like evaporated cane juice or fruit juice will be listed.

Familiarize yourself with these euphemisms so that you are not easily fooled.

This is also the case if it reads: no sugar added. Take this with a grain of salt. Any food that really has no sugar added does not need to advertise this fact. Most of these products will have concentrated fruit sugars.

Diet Destroyer #11: Fat Free Products

Steer clear of fat free products. These may seem to be a good choice – they contain no fat, after all! – but they are not. Remember, it's not fat that makes us fat, it's sugar. The fat has to be replaced with something else to sustain the taste and texture in the product and that something is usually sugar.

Remember that dietary fat is not the enemy here. Good, healthy fats can actually help you lose weight. It's nutrient devoid sugar that you want to be steering away from.

Diet Destroyer #12: Dried Fruit Plus Some Types Of Regular Fruit

Finally, just avoid dried fruit at all costs. Yes, it may be natural but it's been sucked of all its moisture and is very calorie and sugar dense. Most dried fruits have more grams of sugar per serving than a candy bar. $\frac{1}{4}$ cup of raisins, for instance, has 24 grams of sugar in it. Not good if you are watching your weight and sugar intake.

Likewise, also be careful about some natural fruit as well. While not all fruit should be avoided (berries are great!), certain fruits such as pineapple, melons, mangos, grapes, and bananas are much higher in sugar and should be eaten in moderation only if not avoided at all.

You can get just as many, if not more, nutrients from wholesome vegetables instead and they won't contain the sugar that the fruits do.



In Closing

So there you have my Diet Deceptive Dozen. Did any of these surprise you? Are any of them making their way into your diet plan? If they are, I highly suggest you take a few steps to remove these offending foods so that you can be on track to better results.

I hope that learning this information helps you to feel empowered to get your health where you want it to be. It can sometimes feel daunting to successfully navigate proper diet, exercise, nutritional supplements and all the other myriad things we have to do each day to care for our bodies. Please know that you are not alone in this. Women just like you are doing it and succeeding with the support of each other and doctors like me who know the truth about creating health and are willing to share it with others.

I wish you success and vitality!

Dr. Kyrin

