



***The 7 healthiest foods  
you are eating  
that make you fat!***





One of the questions i get asked often is  
"How can i lose weigth?"

Have you ever asked yourself

**"why despite my diet being really good the number on the scale in not going down?"**

You are training hard, you walk a lot, you lift weights, doing classes but still something is not quite right. The problem...your **food!**

Your nutrition needs to be manipulated so your body functions with you to burn fat and build muscles, therefore please take some time to read through all the information regarding the *7 healthiest food you might already be eating that make you fat* that are actually making you work harder.

The list contains food with great health benefits, and I consider a must have in your diet, you just need to be careful with the portions.

# Avocado



Avocados are a great source of several vitamins, minerals, healthy fats and fiber. 3.5 ounces (100 grams), or about half an avocado, contain around 160 calories.

Unlike other fruits, avocados are very high in fat. In fact, 77% of their calories come from fat. Avocados contain mostly monounsaturated fat, plus a small amount of saturated fat and polyunsaturated fat.

Numerous studies have linked avocados to health benefits, such as decreased inflammation and a lower risk of developing heart disease.

Avocados are high in both fat and fiber, meaning they should have a strong effect on feelings of fullness.

Because avocados are relatively high in fat, they are also high in calories. For example, 3.5 ounces (100 grams) of strawberries contain 32 calories, compared to 160 calories in 3.5 ounces of avocado.

While many different things can affect weight loss or weight gain, the biggest factor is the number of calories you eat.

**Because avocados are relatively high in calories, it can be easy to eat too much without realising it.**

So, if you're trying to lose weight, be sure to stick to reasonable portions. One portion is typically considered to be a quarter to a half of an avocado — not the whole thing.

# Olive oil



This oil, part of the Mediterranean diet, is a traditional fat that has been a dietary staple for some of the world's healthiest populations. There is actually quite a bit of research behind the health effects of olive oil.

But there is still one major problem with olive oil...it isn't always what you think it is.

Some lower quality versions can be extracted using chemicals, or even diluted with other cheaper oils. Therefore, buying the right type of olive oil is incredibly important.

The best type is extra virgin olive oil. It is extracted using natural methods and standardised for purity and certain sensory qualities like taste and smell. Olive oil that is truly extra virgin has a distinctive taste and is high in phenolic antioxidants, the main reason why (real) olive oil is so beneficial.

Then we have regular, refined or "light" olive oils, which have often been extracted with solvents, treated with heat or even diluted with cheaper oils like soybean and canola oils. For this reason, the only type I recommend is extra virgin olive oil.

**Because of its liquid form it is easy to overuse, 100gr of olive oil delivers 884 calories!**

A teaspoon (4.5gr) gives you 40 calories, a tablespoon (13.5 gr) gives you 119 calories.

Have you ever tried to measure how much olive oil you use on your salad? You might get a surprise.

## Nuts

Nuts are healthy snack options but **what happens when you start with some pistachios or salted peanuts?**

Though they're usually high in fat, the fat they contain is a healthy type. They're also good sources of fiber and protein.

Many studies have shown that nuts provide various health benefits — especially in regard to reducing heart disease risk factors.

Most of the fat in nuts is monounsaturated fat, as well as omega-6 and omega-3 polyunsaturated fat. However, they do contain some saturated fat.

Yet, despite having little effect on weight, many studies have shown that people who eat nuts live longer than those who don't. This may be due to their ability to help prevent a number of chronic diseases.

Nuts are one of the healthiest snacks you can eat, as they contain a wide range of essential nutrients.

However, their beneficial effects are attributed to nuts that have been minimally processed and have no added ingredients.

Many processed nut products, such as peanut butter (588 calories for 100grams), often contain high amounts of salt or added sugar.

As a result, it's best to buy nuts with nothing else added.



## Dry fruit

Information about dried fruit is very conflicting. Some say it is a nutritious, healthy snack, while others claim it is no better than candy.

Dried fruit is fruit that has had almost all of the water content removed through drying methods. The fruit shrinks during this process, leaving a small, energy-dense dried fruit. Raisins are the most common type, followed by dates, prunes, figs and apricots. Other varieties of dried fruit are also available, sometimes in candied form (sugar coated). These include mangoes, pineapples, cranberries, bananas and apples. Dried fruit can be preserved for much longer than fresh fruit and can be a handy snack, particularly on long trips where refrigeration is not available.

Dried fruit is rich in fiber, vitamins and minerals. It is also high in phenolic antioxidants, which have numerous health benefits. Prunes have a natural laxative effect because of their fiber and sorbitol content. They are also very filling, and may help fight oxidative damage in the body.

Dried fruit is relatively high in calories and sugar. Common dried fruits contain 38–66% sugar, and **eating too much of them may contribute to weight gain and various health problems.** Some fruit is coated with sugar or syrup before being dried. Always read the package when purchasing dried fruit and avoid brands that contain added sugar.



# Yogurt

Yogurt has been consumed by humans for hundreds of years. It's very nutritious and eating it regularly may boost several aspects of your health. For example, yogurt has been found to reduce the risk of heart disease and osteoporosis, as well as aid in weight management.

Yogurt is a popular dairy product that's made by the bacterial fermentation of milk. Plain yogurt without added colorants is a white, thick liquid with a tangy flavour. **Unfortunately, most commercial brands contain added ingredients, such as sugar and artificial flavours. These yogurts are not good for your health.**

Yogurt contains some of nearly every nutrient that your body needs. It's known for containing a lot of calcium, It is also high in B vitamins, particularly vitamin B12. Some types of probiotics found in yogurt, such as Bifidobacteria and Lactobacillus, have been shown to lessen the uncomfortable symptoms of irritable bowel syndrome (IBS), which is a common disorder that affects the colon.

Consuming yogurt — especially if it contains probiotics — on a regular basis may strengthen your immune system and reduce your likelihood of contracting an illness.

**Many types of yogurt contain high amounts added sugar, especially those labelled as low in fat.** Excess sugar intake is associated with several health problems, including diabetes and obesity.

Less is more when it comes to choosing a healthy yogurt. Plain, unsweetened varieties are best, since they contain minimal ingredients without any added sugar. Whether you choose low- or full-fat yogurt is a personal choice. Full-fat varieties contain more calories, but that doesn't mean that they're unhealthy. Just make sure to stick with the recommended portion size.

You should also look for yogurts that contain live and active cultures to ensure you get your fix of health-promoting probiotics.



# Seeds



Seeds contain all the starting materials necessary to develop into complex plants. Because of this, they are extremely nutritious.

Seeds are great sources of fiber. They also contain healthy monounsaturated fats, polyunsaturated fats and many important vitamins, minerals and antioxidants.

When consumed as part of a healthy diet, seeds can help reduce blood sugar, cholesterol and blood pressure.

Calories in flaxseeds, 554 for 100gr

Chia seeds 486 for 100gr

Hemp seeds 498 for 100gr

Sesame seeds 514 for 100gr

Pumpkin seed 485 for 100gr

Sunflowers seeds 527 for 100gr

Seeds are great sources of healthy fats, vegetarian protein, fiber and antioxidant polyphenols.

Furthermore, they can help reduce the risk of certain diseases. In particular, the lignans in certain seeds may help lower cholesterol and the risk of cancer.

**Seeds are extremely easy to add** to salads, yogurt, oatmeal and smoothies, and can be an easy way to add healthy nutrients to your diet **but again careful with the amount you use.**

# Orange juice

Orange juice is enjoyed around the world. It's made by squeezing oranges to extract the juice, either by hand or using commercial methods. It's naturally high in vital nutrients, such as vitamin C and potassium. Plus, commercial varieties are often enriched with calcium and vitamin D.

Though orange juice is connected to several health benefits, **it's also high in calories and sugar**. An 8-ounce (240-ml) serving of orange juice provides approximately 110 calories. Typical water glass size is 227ml. So that's a lot considering it is only a drink, a single medium orange has around 60 calories. Antioxidants in orange juice promote health by preventing oxidative damage — an imbalance between antioxidants and unstable molecules known as free radicals.

What's more, unlike whole fruits, it lacks fiber, meaning **it's less filling and could potentially lead to weight gain**. In fact, multiple studies have shown that regular consumption of fruit juice can lead to increased weight gain over time. Many types of orange juice are also high in added sugar, which can increase blood sugar levels. Several studies have found that regularly drinking sugar-sweetened beverages, such as fruit juice, may be linked to a higher risk of type 2 diabetes.

Practicing portion control and opting for fresh-squeezed or 100% orange juice can help maximize health benefits while reducing your risk of adverse effects.



## Summary

Just to finish this off, as you can see you get huge benefits from the foods listed and i strongly recommend to have them in your diet but only if used carefully and with proportion.

I have chosen those 7 foods simply because i find them too easy to ingest without noticing, and i have gained weight despite a clean but not balanced diet. In cases where stop eating is not an option, i portion my food and put the remaining away so i have more control over the quantity, especially with snacks where i sometimes lack willpower.

Let me conclude this document reminding you the importance of physical activity, especially during this tough times where facilities are not in use and working from home is a must.

To keep up with **COVID-19** i suggest the following:

- Exercise
- Balance healthy diet
- Meditation
- Learn something new
- Supplements

To help with the first one i have gone back teaching my Fat Burn Classes on a 4 weeks basis online, so i can keep helping people like you with the benefit of being at home.

If you would like to have a go for free live class please contact my via email on **umaxfitness@gmail.com** or watch for FREE FOREVER the recorded classes on:

<https://drive.google.com/open?id=1mhAUvqmBV2Jm4vSYi54AFTsi5eNJBPTk>

