

# Healthy foods that make you fat

<u>Diet soda</u>	<b><u>Soda is never good for you, but diet sodas create more insulin in your body, which means more sugar. Try a glass of water with your meal instead.</u></b>
<u>Pretzels</u>	<b><u>You may think they're better than potato chips, but they're made with enriched white flour and loaded with carbohydrates, a big diet no-no.</u></b>
<u>Fruit juices</u>	<b><u>These can contain high amounts of sugar. And depending on the brand, some may only have 5 percent natural fruit juice. Eat your fruits rather than drink them.</u></b>
<u>Reduced-fat peanut butter</u>	<b><u>A reduced-fat version seems like a great idea, but the fat that is removed is replaced with fillers, with no reduction in calories. Using a bit less of the full-fat version is the healthiest choice.</u></b>
<u>Cereal bars</u>	<b><u>You can find plenty of cereal bars that are low in fat and calories, but you have to look. Many are high in sugar and saturated fat.</u></b>