

Healthy Food that will Make You Fat

1. Diet Soda

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.

2. Pretzels

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.

3. Fruit Juices

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.

4. Reduced-fat Peanut Butter

A reduced-fat version seems like a great idea, but the fat that is removed is placed with fillers, with no reduction in calories. Using a bit less of the full-fat version is the healthiest choice.

5. Cereal Bars

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 saturate fat.

