

## THE SLIMLIFE GUIDE TO THE TOP 10 FOODS WITH HIDDEN SUGARS OR CALORIES

### FRUIT JUICES AND SOFT DRINKS

Keep servings small and be sure they contain only pure fruit juice. Many have added sugars that appear only in small print on the reverse. Diet pop is not healthy due to being carbonated – restrict to one a day and remember teeth will suffer due to phosphoric acid content. Lucozade has 64 grams of sugar in every 380 ml bottle and many of the fruit-flavoured waters are fairly high in calories. Still water is the best choice and save your calories for eating.

### BREAKFAST CEREALS

The motto here is plain and simple. Most are highly processed, which destroys nutrients contained in original ingredients, and high in sugar. The subsequent sugar rush is then followed by a crash, which causes a need for sugary refined carbs, resulting in more body fat. Porridge is the best choice, with ingredients stating whole rolled oats, and nothing more.

### LUNCH MEATS

A chicken roll is not the same meat as fresh chicken. These foods have a much longer shelf life and are full of preservatives, fillers and binders to make up the weight. They are also high in sodium and so increase blood pressure.

### DAIRY OR NON-DAIRY CREAMERS

Those little catering size lactose-free creamers are a big mistake. They contain hydrogenated oils and trans fatty acids that could give you double the coronary problems of the regular creamers. Use skimmed or semi skimmed milk, as six or seven cups of tea a day with normal milk will lift your calorie consumption by up to 200 extra calories.

### MARGARINE

Again, many contain trans fatty acids that are more destructive to your body than saturated fats. Trans fatty acids increase the risk of heart disease and diabetes.

### FLAVOURED RICE CAKES

Every diet-conscious person has raved about these new caramelised and flavoured rice cakes, which are actually

so processed or refined they are virtually devoid of any goodness. Incredibly, some have a higher rating on the glycemic index than sugar! Use sparingly and choose ones as natural as possible.

### FRUITY-FIBRE MUESLI SLIMMING BARS

In most nearly all the flavour comes from sugar – and white or brown, refined or organic, this makes you fat! Check vitamin and mineral content too, and then see if it has nutritional value.

### ALCOHOL

A chemical cousin of sugar, alcohol is off the list too. Red wine is often touted to reduce cardio vascular disease when drunk conservatively, but can you really open a bottle and stick to just one glass? Beer, on the other hand, has no redeeming qualities whatsoever. It doesn't replenish energy stores or help lean tissue building. It screws up your digestive system and gives you a belly. As for those fruit-flavoured vodkas and gins, the less said the better!

### YOGHURTS AND MOUSSES (low-fat)

Don't automatically assume that because they contain fruit or belong in the dairy section, they are slimming and healthier than a chocolate bar. Wrong! Many have HUGE amounts of sugar.

### COTTAGE CHEESE AND RICE PUDDINGS

Even if it's low-fat with pineapple or chives (or whatever your choice) – watch out! They're not all equal.

*N.B. Many of the above items also quote calories per 100 gram or per 100 ml – not the calories for the whole pot. The actual container may hold treble that amount of produce, so be sure to check carefully. Similarly, other manufacturers quote calories per serving, not calories for the entire portion.*

These are old marketing tricks that continue to dupe would-be dieters everywhere. Don't be fooled. There is nothing more frustrating than making every effort to buy what you think will help you slim only to find you actually gain weight!