

by Kardena Pauza

10 Vegetarian Foods **NOT** to **Eat** on a **WEIGHT LOSS PROGRAM**



THE SHOCKING TRUTH ABOUT VEGETARIAN DIETS!

10 Vegetarian Foods Not to Eat on a Weight Loss Diet

By: Kardena Pauza, CPT (NASM), FNC (Fitness Nutrition Coach)

When most folks think of vegetarian foods, they think of naturally healthy meals and men and women with vibrant energy. But did you know that there are dozens of so-called “health foods” that vegetarians eat that are downright unhealthy – and can even cause you to gain fat fast?

I’ve been a vegetarian for 5 years now, and I learned a lot of lessons about these “healthy” foods the hard way – so that you don’t have to make the same mistakes I made.

Here’s my list of the top 10 vegetarian foods you **MUST** avoid if you want to lose fat, boost your energy, improve your complexion, and dramatically increase your health.

1. Junk Food Breakfast Cereals/ Granola

Your cereal could be making you FAT.... Since cereal products were introduced in 1867 they have become popular as the standard breakfast for most people. We love our cereal!

The problem is that cereals are not as wholesome as they once were. One major change in today’s cereal is the amount of sugar they put in the products. Most of the cereals on the market have high sugar content and also contain hydrogenated oil.

No amount of hydrogenated oil (trans fats) is healthy or ok to consume and we should definitely kick’em to the curb. According to the FDA a person should have no more than 2 grams of trans fat per day but in my opinion these foreign oils should not be ingested whatsoever.

Many cereals are loaded with tons of sugar containing between 9-26 grams of sugar per serving, little to no protein, 1-3 grams of fiber and fat derived from hydrogenated oils. Basically, cereals don’t have enough healthy fiber, goods fats, or protein, and contain too much sugar, bad fats, and refined carbs.

Granola is one of the most popular cereal types but is dense in calories and coated in sugar to give it that scrumptious crunch. It seems like a “wholesome hippy” thing to eat, but believe me, I learned the hard way how damaging the sugar is in granola. I loved eating granola when I was a teenager and that’s when I gained weight!

Excess sugar can be quickly stored as fat right on your belly or thighs, and sugar is also very damaging to the liver, the skin, the joints and causes inflammation and many other complications in the body.

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I recommend having no more than 6-9 grams of sugar in a sitting. You have to be careful because if the nutritional label says 6 grams/serving and you eat 1 ½ cups which may be 2 servings, oops, you just consumed 12-18 grams of sugar!

And wait, that doesn't include the sugar in your milk. My clients and other guys I've talked to eat 2-3 bowls of cereal at one time! No wonder they have belly fat!

You must also watch out for hydrogenated oil in cereal: Hydrogenated oil & partially hydrogenated oil ARE "trans fats." These fats get deposited as fat & toxins in our body and arteries.

Manufacturers use hydrogenated oil in their products so the cereal will last longer on the shelf. It's used as a preservative to save companies money but it's unhealthy for you. And here's a shocking fact about trans-fats.

If a product has 0.49999 grams of trans-fat per serving they do not have to report it on the nutritional label but you will see it on the ingredient list. How sneaky!

You still need to watch out for it because the FDA has stated that consuming more than 2 grams per day of trans-fats is unhealthy. You can see how this would be easy to exceed once you start looking at all of the ingredients in your food can't you?

Here are just a few of the many cereals to avoid:

- Granola, Honey Nut Cluster (17 grams sugar/1 cup)
- Kellogg's Raisin bran (18 grams sugar/1 cup)
- Most children's cereals (it's like eating a chocolate bar, 24 grams sugar)
- Most crunch or cluster cereals
- Kashi Go Lean **Crunch** (Alternatively, Kashi Go Lean is a better choice!)

2. Cereal Bars/Glorified Pop Tarts & Energy Bars

Breakfast bars seem so innocent and cute but they could be making your body a fat making machine.

From my research on breakfast bars, there is not much good news to share about these glorified Pop Tarts we call a fast healthy option for breakfast.

Even a brand name with the word "thin" or "slim" is not to be trusted from name alone. Bars also tend to have more filler-ingredients which mean more non-nutritive calories because they need binders in the bar.

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Here is a list of different bars that are marketed for different needs or situations: Slim Fast Bar, Balance Gold, Kashi Go Lean Chewy, Nutri Grain bars, Oatmeal Crisps. Most of these bars contain processed carbohydrates, are high in unhealthy fats and/or high in sugar (and usually contain nasty high fructose corn syrup).

You have to look at more than the amount of calories in an item. What's important is the quality AND the quantity (calories). The slim fast bar may be in your calorie range, but the quality of the ingredients is the worst of the worst.

How can corporations call a meal replacement bar a substitute for fresh produce, essential fats, and whole grains? They simply throw some cheap vitamins, a bit of protein powder & cheap sugar in a candy bar and call it a meal replacement - but give me a break!

The main ingredients of these bars are a little protein, high fructose corn syrup and a dash of the evil hydrogenated oils. Instead have some real food not synthesized protein, vitamins and minerals covered in chocolate or high-sugar yogurt coating.

But not all bars at health food stores are good, either! If you shop at the health food store like I do, you probably see or have bought bars like the Clif Bar, Power Bar, Luna Bar, or Balance Bar.

Clif Bars contain a high amount of sugar; it's basically a compressed granola bar with sweet chunky treats like chocolate and fruit added. The first ingredient is rice syrup with 3-4 other sugars throughout the label and contains about 20 grams of sugar and 230 calories. That is too high for a snack.

Also, just because it is a natural sugar doesn't mean it is OK for you to eat. The other bars are similar in make up just different packaging.

Bars to avoid:

- Balance Gold
- Kashi Go Lean Chewy Bar
- Slim Fast Optima Bar
- Kellogg's Nutri-Grain Bar
- General Mills Oatmeal Crisps
- All Granola Bars; Quaker, Sunrise, Nature Valley, Sunbelt, Bear Naked (organic but still need to watch out for some of the varieties)
- Clif Bar (better quality ingredients but still high in sugar)
- Balance Bar (contains 19 grams sugar alcohol that can mess with your digestive system)

3. Rice Cakes/ Crackers

The “snack” food industry (i.e. all refined flour treats from crackers, pretzels, rice cakes, etc.) has one goal in mind—to make money.

It’s not because they are looking out for your health or because these treats are healthy for you—quite the contrary, in fact. What makes them the most money? Taking cheap materials (refined flour) and glorifying it with marketing and packaging and marking up the price. I love going against the grain and not falling for their shenanigans.

Here’s a funny story, maybe some of you can relate to. My husband’s boss, like so many others, starts a new diet by running out and buying a few bags and flavors of rice cakes as their weight-loss savior.

Wouldn’t you know it, but the whole bag of rice cakes is gone within a couple of days and sometimes in a couple of hours. That’s a total of 600 calories! That’s like eating over 135 grams of carbs and sugar if you have the whole bag of Cinnamon Apple Rice Cakes (of course that’s if you eat them solo!). And this doesn’t include added toppings.

Also, even more importantly and often times overlooked, is that rice cakes compare directly on the Glycemic Index Food Chart to foods like waffles and doughnuts, wafer biscuits, corn chips, etc. They also rank higher than white bread and rolls—ouch!

This means rice cakes are digested and absorbed very quickly into your bloodstream rather than time released energy like whole grains.

Your body then quickly removes the excess toxic sugar from the blood stream, slamming your energy down and making you feel tired. Just amazing isn’t it? I should really tell my husband’s boss about those rice cakes!

4. Meal Replacement Drinks Full of Sugar

I’m going to pick on a couple popular products since they advertise the most to the general public—Slim Fast and Ensure. Let’s start with Slim Fast.

What do the Slim Fast ads say about losing weight? Drink 1 shake for breakfast and 1 for lunch and have a sensible dinner. Most of us have seen these commercials or ads and I automatically want to believe what they say. I have fallen for it before!

I have done some research to find out what’s so amazing about these shakes that’s helping people lose weight! The 6 main ingredients in a slim fast shake are milk, sugar, cocoa (more sugar), canola oil, fructose (more sugar), & hydrogenated soybean oil (trans fats & Genetically Modified).

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One can of Slim Fast is 190 calories, 10 grams of protein, and 18 grams of sugar. Would you pay for milk with added sugar and added trans fats?

The sugar is absorbed very quickly into the bloodstream and this is what contributes to accelerated aging, weight gain, cellulite, hypoglycemia and ultimately diabetes. Fructose and especially high fructose corn syrup have been studied and found to be converted into fat more than any other sugar.

Always read the ingredient list before you buy.

Another couple other well known and popular meal replacement drink are Ensure and Boost. These are those drinks your doctor would recommend you drink if you needed more nutrients in your diet.

Take a look at the main ingredients of Ensure and Boost (which are pretty much exactly the same as Slim Fast). The ingredients are: water, sugar (sucrose), corn syrup, maltodextrin (corn), calcium caseinate (milk derived), high-oleic safflower oil, canola oil, soy protein isolate, whey protein concentrate, and corn oil.

Here's another one, the Special K Protein Shake: water, protein blend (milk, whey and soy protein), sugar, maltodextrin (sweetener derived from corn), polydextrose (corn derived fiber & sugar mixture), canola oil, cocoa, artificial flavor, vitamins, sucralose (artificial sweetener), corn syrup solids (more sugar derived from corn).

Notice that sugar comes first before protein on some of the ingredient lists.

This isn't what I would put in my protein shake if I made it at home.

Watch out for:

- Slim Fast
- Ensure
- Special K Protein Shake (18 grams sugar)
- Boost energy drink (high sugar, artificial flavor, sweeteners)
- Carnation Breakfast Drink

5. 100 Calorie Snack Packs

If you are trying to lose weight, I'm sure you want to feel great and have energy along your journey to a healthy leaner energized you! What you eat has a direct effect on how you feel. Snacking on high nutrient foods helps you sustain higher energy throughout the day, unlike these 100 calorie snack packs.

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Food corporations have been marketing 100 calorie snacks hard in the last couple of years. But remember: ingredients are very important, not just their calorie count!

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Just because a food is low in calories does not mean it is healthier for you or makes it ok to eat since it's a smaller portion. If calories were all that mattered, what would happen if all your calories came from sugar? Your body would break down, get sick, and basically stop functioning.

Many of these 100 calorie snacks have zero-to-no nutrition value, no fiber, very little protein or vitamins, and lots of high fructose corn syrup, hydrogenated oils, refined flour, sugar, sodium, carbohydrates and artificial flavor.

And be careful, because recent studies have shown that the package barrier is not enough to stop people from eating 2, 3, or 4 packages in a sitting!

You may be satisfying an immediate craving but your body is paying for it. You pay way too much for these little snacks to get zero nutrition. And if you want to be money conscience, beware! *These pre packaged treats are typically 3-4 times more expensive than buying the regular size box.*

Avoid

Hostess, Nabisco, Kettle, Nestle, and Breyers snack packs. Heck, even Girl Scouts have 100 calorie snack products available; cookies, crackers, ice cream bites, candy bars, popcorn, pudding, fruit snacks, brownie bites, etc.

That being said, there are some healthy 100 calorie snack packs available like: raw almonds, roasted peanuts, and applesauce, or you can make your own baggie of healthy tasty goodies!

6. Frozen Dinners

Want to lose 5 lbs. in less than a week? Cut out high sodium foods, especially high sodium frozen dinners.

Frozen dinners have become synonymous with high-sodium meals. In my opinion, they put tons of salt in the meals to kick up the bland taste of the frozen foods.

I grew up eating frozen burritos and frozen kids meals and they tasted pretty good. I would have a burrito as my afternoon snack with some more high sodium salsa and I was a happy camper. I didn't know this was contributing to me looking bloated and gaining weight until I was in my twenties and I figured it out.

Eating a vegetarian diet for weight loss can be challenging because many of the prepared meals on the market predominantly load up the meal with carbohydrates like rice, pasta, or potatoes. Carbohydrates from grains are so dense in calories that we only need to eat a small amount to have enough energy for the next 3-4 hours of your day.

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Remember, you only need enough energy for 3-4 hours then it's time to have another snack.

Reading the nutrition label, some meals contain up to 55 grams of carbohydrates. This is too high for anyone who wants to trim down. Aim for an estimated 25-30 grams for women and around an estimated 30-40 grams for men.

Reading the nutrition label is important because the amount of sodium in frozen foods ranges from 350mg of sodium to 900mg! Now, to put this in perspective, a healthy amount of sodium a person should have in a day is 1500mg.

The average American consumes about 4,000mg per day! For example the average Chinese food dish is 1,100mg. That's in ONE dish!

Let's average out how much sodium is acceptable in a meal. Divide 1,500-2,000 mg by 4 meals and you get approximately 375-500 mg per meal. If you are exceeding an average of 1,500-2,000mg of sodium per day, your body responds by retaining water, causing high blood pressure, and a host of other health issues.

Another helpful tip, look for products that use sea salt instead of iodized salt. The body can process sea salt better and won't cause as many health problems.

Look for meals with no more than 300-500 calories, keep your carbohydrate intake low and add more veggies or a salad to boost nutrients and to fill you up instead of going back to the carbs as fillers.

Watch out for:

- Amy's Kitchen (some are high in carbs and sodium but they have a couple of acceptable options)
- Lean Cuisines
- Kashi (some are acceptable but read the label first)
- Pretty much most frozen entrees

7. Veggie Patties with Bun/Bread

Next, I am going to pick on veggie patties, specifically Boca Burger, Garden Burger, and Morningstar. These are pretty good substitutes for a sandwich or burger, but the problem is the total carbohydrates and sodium content.

Looking at the Boca Burgers and Morningstar patties, the total carbohydrates for 1 patty is around 10 grams, which is pretty good; however, the sodium content is between 300-500mg per serving. The sodium gets pretty high so you have to be careful not to exceed your total sodium for the day if you eat one of these patties.

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For all the women—do not eat two slices of bread with the patty, only one slice to stay within your total carbs for that meal. Add a nice big salad with your veggie patty to give you a more balanced meal.

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For guys—two slices of bread is ok with this particular patty. Remember, given the amount of sodium and carbs in one patty, one patty probably won't satisfy your hunger, but eating two patties will bring your sodium intake sky high! You will balloon up after this meal! Add a nice big salad with your veggie patty to give you a more balanced meal.

Most of the Garden Burgers have a higher amount of carbohydrates per patty so be careful when eating ONE with bread. One of the main ingredients along with soy is rice, that's why there are more carbs.

Making your own patties at home is a better option that would taste great (hopefully), would be healthier for you, and save you money. Make a big batch of your favorite patties and store some in the freezer for when you are short on time.

I know everyone has busy lives so making your own patties seems like a daunting task, but if you take some time to make them it will take less time overall.

This way there's no rushing to go out to lunch, drive to a restaurant, fight for parking, stand inline, buy food, eat, and rush back to work. Makes me tired just thinking about it!

Instead, you get to sit outside in the sunshine or on the grass and enjoy your hour of peace. You will actually have extra time and you will have to find something to do on your lunch break! Call a friend you haven't talked to in a while and say hello.

8. So called Healthy Wheat Bread

You already know that white bread should not even be an option when you are grocery shopping, right? After all, in the process of making white bread, more than 30 vitamins, minerals, and nutrients are eliminated, including vitamin E, vitamin B, protein, and fiber, and only 5 nutrients are fortified back in to the final product.

Most folks know that white bread should be avoided, but don't know the truth about so-called, "Healthy Wheat Bread".

Many of my clients tell me proudly that they eat wheat bread. However, after asking them several questions about their bread, I often discover that they are basically eating white bread that has been colored brown. Here are the questions I ask them:

1. "Does your bread have chunks of grains in it? Not just on the top crust but throughout the bread?" Usually the answer is no.
2. "Is it doughy? Can you take it and wad it into a ball?" Answer is yes.
3. "If you put water on the bread does it turn into a big blob of dough?" Answer is yes.

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The answers usually tell me that they bought white bread “pretending” to be wheat bread.

What do I mean by “brown white bread”?

Wheat bread (brown white bread) means that bread companies use wheat grains to make the flour for the bread. Bread can be made from lots of different flours, including rye, barley, millet, oat, etc. So just because it’s made with wheat flour doesn’t mean much.

Nowadays, most of the breads on the market are made from wheat and after they strip the germ and fiber from the starch of the grain, they combine only the starchy flour with some minor 5 fortified vitamins which they just stripped out of the bread in the refining process, then they add brown food coloring.

The refining process takes out the healthy oils so the bread can sit on the store shelves longer. Food coloring could be from caramel or molasses to make light colored bread look brown.

The problem here is that once the fiber is stripped away, it becomes a high glycemic food meaning the body breaks down the flour to blood sugar very quickly giving you a shot of sugar which your body will store as fat by way of several processes!

There are a couple of ingredients to watch out for in bread.

And these 2 ingredients have been repetitive throughout my special report and those are hydrogenated oil and high fructose corn syrup. At least 90% of the breads at conventional grocery stores contain both of these ingredients. ***Do NOT buy them.***

If you are going to eat bread, choose whole grain chunky chewy bread. Don’t believe the front packaging so read the ingredients list to give you the down and dirty real answers you need to make your decision.

The best way to know is when you look at a slice of the bread, make sure it’s completely chunky, and not smooth fine flour. This type of bread digests slower because of the germ shell and fiber content so it is a time released energy source. This means it is a low glycemic food—this is what you want!

Helpful Tip: Put your bread in the refrigerator or freezer to keep longer since it doesn’t have the highly processed preservatives.

9. Sugary Smoothies

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Let's talk about tasty smoothies and discover the truth about Juice it Up, Jamba Juice, Smoothie King, or whatever your local smoothie shop is called.

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Smoothie shops are another out-of-control calorie and sugar crazed vegetarian food. So many people go to their local smoothie shop to get a "healthy" breakfast or lunch, but if you buy a 32oz fruit smoothie of any kind, it will have the same amount of sugar as if you ate 3-4 snickers bars in one sitting!

You're looking at roughly 100 grams of sugar—this is staggering to your belly!

The sugar in smoothies is NOT all fruit sugar, but also high-fructose corn syrup in sorbets and sherbets and fruit juices enriched with sugar.

Along with the high sugar content, some of the fruit used in the smoothies is shipped to the store as pulp which means it has gone through some processing and has begun to oxidize, diminishing the nutrient value.

What would you add to your nutritious smoothie in the morning if you were to make it yourself? Would you add sorbet to your shake? Isn't sorbet a dessert we eat once in a while after a well balanced meal? Well, that's what 90% of these smoothie shops use in their drinks. You have to read all the ingredients before ordering.

And now let's talk about your smoothie order at Jamba Juice. Most people go for at least the 24oz smoothie. (Let's face it, who orders a small 16oz smoothie?) The 24oz gives you approximately 50-80 grams of sugar!

The craziest smoothie they have is the Cold Buster. A Cold Buster smoothie implies it will help you get over a cold, but it contains an outrageous 94 grams of sugar! I can tell you this should be called the Cold and Fat Feeder not Cold Buster!

Only knowledge gives you the ability to make better choices and to be more responsible for your health, so ask questions before ordering at these places so you can make healthier choices for yourself. Remember, they want your business so they are usually willing to modify a smoothie for you.

Healthy Tip: Make a smoothie with only protein powder, frozen fruit, a little juice and ice.

That's it! No added sorbet...your modified smoothie will have a more natural flavor and won't taste like you're sucking down straight sugar syrup.

10. Frightful Facts about your Favorite Fruit Juices!

Buyer beware! Just because there's a nutrition-oriented statement on a package (like "contains whole grain," "excellent source of calcium," "fat-free," "100% juice" or "25% less sugar") doesn't mean it doesn't contain a shocking amount of sugar.