

## **5 Foods You Thought Were Healthy – But Actually Aren't**

Many so-called 'healthy' foods can secretly sabotage your weight loss journey. This short guide reveals 5 common foods that may appear healthy but could be causing your body to store fat.

### **1. Granola**

Granola is often marketed as a healthy snack, but many brands are packed with added sugars and oils, making them calorie-dense and high in carbs. Always read the labels.

### **2. Fruit Juice**

While it sounds natural, most store-bought fruit juices are stripped of fiber and loaded with sugar. Even '100% juice' spikes your blood sugar quickly, just like soda.

### **3. Whole Wheat Bread**

Whole wheat bread is processed and often contains added sugars. It has a high glycemic index, which can cause blood sugar spikes and hinder fat loss.

### **4. Flavored Yogurt**

Flavored yogurts usually contain artificial flavors and high amounts of sugar. Choose plain Greek yogurt instead and add your own fresh fruit.

### **5. Protein Bars**

Many protein bars are essentially candy bars in disguise. They may be high in protein, but they often contain added sugars, unhealthy oils, and artificial ingredients.

### **Conclusion**

Being healthy starts with knowing what you're really eating. The key is to choose whole, minimally processed foods, read nutrition labels carefully, and avoid products that rely on marketing buzzwords. For more tips, check out The Fat Burning Kitchen guide.