

It All Adds Up

Low-Fat Experiment

Don't be fooled into thinking that by always eating reduced fat or fat free food that it will lead to weight loss. This is especially true when you eat more of the reduced fat food than you would have the regular item.

This lesson was designed to illustrate the misnomer surrounding fat free foods.

What you will need:

One bowl of chips (or any snack) labeled as "Low-Fat"
One bowl of similar snack, but with regular fat content
A way to measure how much of each snack was eaten

Activity:

Allow group of people to visit the snack bar freely and take as much snack food from either bowl as they want.

Do not tell them they are being part of an experiment.

After snack time is over, collect data on how much of each snack disappeared (or remains).

Share results with the group.

Results:

In most instances, more of the "Low-Fat" variety of the snack will have been eaten.

Unfortunately, when people see the words reduced, low or no fat, they tend to think they can eat much more of the product and still have made a healthier choice. This is often far from the truth. It is a fact that less fat is present; however, often times, more sugar, salt and other additives are used to replace the fat to make it more flavorful. This of course is not a healthier alternative to eating right.

The best option is to watch portion sizes and choose healthier food alternatives.

Hidden Psychological Clues that lead to Weight Gain



There are many ways to fall into the mindless eating trap, and many times, we can do so without even realizing it. It is important to be informed and to be aware of what we are consuming every day.

According to the Dr. Oz Show,

Here is a list of 5 habits that lead to weight gain:

1. Falling for the fat free gimmick

The No. 1 habit that is making people gain weight is falling for the low-fat, fat free and reduced fat gimmick. Most food manufacturers add sugar or salt to replace the fat. Studies show people eat 65 percent more of snacks labeled low-fat or fat free than their regular-labeled counterpart. "Low fat doesn't mean no calories."

2. Eating with others

A person eats 35 percent more when eating with one other person; 75 percent more when eating with three others, and 96 percent more when eating with seven or more people. Without a doubt, it's possible your friends are helping to add to your weight gain. One solution is to be the last person to order food.

3. Being a distracted eater

The third habit that makes you put on the pounds is eating while multitasking. Whether they are working at a computer, driving, talking on the phone or watching television, distracted eaters eat more.

4. Eating out of the bag

Another habit that leads to weight gain is the habit of eating out of a bag or food package. People tend to eat fewer calories if they pour their food into a bowl or eat off of a plate. Researchers say people who eat out of a bag eat 134 more calories than if they had eaten out of a bowl.

5. Using artificial sweetener

The fifth and final bad habit that might be making you gain weight is the use of artificial sweeteners. Artificial sweeteners dull the taste buds so people no longer realize how sweet natural sugars are. As part of a study, people who are used to artificial sweetener were put in one room and people who do not eat artificial sweeteners in another. They were both offered cake. The artificial sweetener gang ate twice as much cake. Instead of using artificial sweeteners, opt for honey, coconut sap sugar or agave nectar.



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Fat-Free or Reduced-Fat	Calories	Regular	Calories
Reduced-fat peanut butter,	187	Regular peanut butter,	191
Reduced-fat chocolate chip cookies, 3 cookies (30 g)	118	Regular chocolate chip cookies, 3 cookies (30 g)	142
Fat-free fig cookies,	102	Regular fig cookies,	111
Fat-free vanilla frozen yogurt (<1% fat), ½ C	100	Regular whole milk vanilla frozen yogurt (3-4% fat),	104
Light vanilla ice cream	111	Regular vanilla ice cream,	133
Fat-free caramel topping, 2 Tbsp	103	Caramel topping, homemade with butter,	103
Low-fat granola cereal, approx.	213	Regular granola cereal, approx.	257
Low-fat blueberry muffin,	131	Regular blueberry muffin,	138
Baked tortilla chips, 1 oz	113	Regular tortilla chips, 1 oz	143
Low-fat cereal bar, 1 bar	130	Regular cereal bar, 1 bar	140

Fat-Free or Reduced-Fat	Calories	Regular	Calories
Sugar Free Russell Stover's Chocolates	180	Regular Russell Stover's Chocolates	170
Baked Goldfish Crackers	140	Xtra Cheddar Goldfish Crackers	140
Fat-Free Nabisco Crackers	60	Regular Nabisco Crackers	70
Reduced-Fat Cheez-It	130	Regular Cheez-It	150
Baked Doritos	120	Regular Doritos	150
Fat-Free Cottage Cheese	80	Regular Cottage Cheese	120
Lite French Onion Dip	35	Regular French Onion Dip	60
Low-Fat Blueberry Cereal Bar	140	Regular Blueberry Cereal Bar	120
Multi-Grain Cherrios	110	Regular Cherrios	100
Smart Pop Kettle Corn	130	Regular Whole Grain Kettle Corn	170