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The One 'Low-Calorie' Food
Doctors Say You Should
NEVER Have Because It
Actually Makes You Gain Fat



Everyone knows that they need to consume fewer calories and hit the gym more if they want to lose weight. It may seem like a good idea to opt for foods that are marketed as “low-calorie” if you’re trying to shed pounds, but Dr. Niket Sonpal, a NYC-based gastroenterologist and assistant professor at Touro College of Osteopathic Medicine, says that your dietary choices should require more thought and consideration as most of these low-cal options are probably not very healthy at all...

Dr. Sonpal has a long list of “healthy” foods to avoid, but **açaí bowls** rank at number one for their hidden calories and sugar content.



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Wait, açai bowls aren't healthy?! The trendy snack, which has been popping up all over our Instagram, has a blended açai base and is often topped with a variety of colorful fruits, nuts, seeds, and more.

While most of those toppings are packed with several nutrients and açai is known for weight loss and anti-aging benefits, Dr. Sonpal notes that most s are packed with unhealthy additions that add hundreds of unwanted calories and grams of sugar to your waistline.



“While the fiber-rich fruit does tout more antioxidant properties than pomegranates and blueberries, many health claims don’t mention that it logs in 247 calories per 100 grams, 26 grams of which are carbohydrates,” Dr. Sonpal says.

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Not ready to break-up with your açai bowl? Dr. Sonpal says that you don't have to completely eliminate the tropical treat from your diet. Instead, he recommends making your own açai bowls at home so you can be in control of the serving size and prevent yourself

from eating all those extra calories. Plus, this allows you to make healthy swaps for certain toppings, too!

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