

Foods That Make You Fat

We know that excess carbs like sugar and white flour can make us gain weight, but there are other culprits lurking in the food supply.

MSG

MSG in food is linked to weight gain, challenging mainstream views that label it safe. If you search “msg-induced obesity” at PubMed, you will come up with almost one hundred citations. It’s hard to get research animals to overeat and become obese – in order to study obesity – so scientists feed the rats, mice and hamsters MSG to make them eat more and put on weight. Almost all processed and fast food contains MSG² (usually not labeled), and the food industry certainly knows that the additive they use to make their food taste good is a major cause of the current obesity epidemic. The message to consumers is clear: to lose weight, it’s important to avoid all processed food, and certainly not add it to the foods you prepare at home.

Diet Sodas

Studies found that people who drink artificially sweetened sodas, with aspartame (a known neurotoxin), sucralose and saccharin are more likely to experience weight gain than those who drink non-diet sodas. Other studies³ found that those who drink diet sodas have twice the risk of developing metabolic syndrome, often a precursor to cardiovascular disease, than those who abstained.

Industrial Seed Oils

Industrial seed oils can lead to weight gain and metabolic dysfunction, whereas saturated fats like butter and lard support weight loss and metabolic health. When it comes to weight loss, not all fats and oils are the same. Many studies have shown that saturated animal fats are far less likely to cause weight gain than polyunsaturated vegetable oils.

Vegetable oils that have been heated are even more obesogenic. In a randomized trial on rabbits,⁷ three groups of rabbits were given access to identical foods, with only one difference: the first group of rabbits was fed unheated vegetable oil, the second group was fed vegetable oil that

had been heated once, and the third group was fed vegetable oil that had been repeatedly heated multiple times – as happens in deep friers. Everything else about their diets was kept the same.

The surprising outcome was that compared to the group of rabbits eating unheated oil, the group eating single heated oil gained 6% more weight, and the group eating repeatedly heated oil gained 45% more weight – even though the rabbits eating heated oil actually consumed a slightly lower level of calories. It seems that foods fried in vegetable oil are dieters' worst enemy.

Vegetable oils and hydrogenated oils(trans fats) disrupt normal neurological cell membrane function. This contributes towards metabolic disease and aging.

We are consuming high amounts of vegetable oils and become less efficient at using fat as energy, while also making our fat cells bigger and grow in size, which is exactly what we don't want and this could be a huge reason why we're gaining weight and why it's so difficult for us to lose weight!

Butter and Lard Are a Dieter's Friend

Dieters are often reluctant to embrace saturated animal fats, believing the propaganda that butter and lard will make you fat. But the science suggests otherwise.

With carbs out of the diet, patients in a study spontaneously reduced their daily energy consumption by 1,000 calories per day.

The interesting thing about this study was that the subjects did not consciously try to restrict calories or lose weight, showing that restricting carbs and increasing fat in the diet works better than will power.

Full-Fat Dairy Linked to Weight Loss

In yet another defeat for the low fat, you-must-suffer-to-lose-weight school of thought, a Swedish study^o has found that women who

regularly consume at least one serving of full-fat dairy every day gained about 30% less weight than women who didn't.

Two other studies have concluded that the consumption of whole fat dairy products is linked to reduced body fat. In one paper,¹¹ middle aged men who consumed high-fat milk, butter and cream were significantly less likely to become obese over a period of 12 years compared to men who never or rarely ate high-fat dairy.

The tragic practice of feeding reduced-fat milk to growing children, even prohibiting full-fat milk in schools and day care centers, in order to prevent weight gain, has no basis in science, as shown in a study¹³ from Canada.

Researchers followed over 2,700 children, ages 1 to 6. Children who got full-fat milk had a lower body mass index and also higher vitamin D status. Children who drank full-fat milk were less likely to end up hungry, and less likely to snack on high-calorie foods, suggested the researchers.

In U.S. schools, children have a choice of low-fat milk, which they hate, or chocolate milk made with skim milk powder and high fructose corn syrup – often containing almost as much sweetener as sodas! The message is clear: for weight loss, avoid all industrial seed oils and enjoy animal fats and full-fat dairy foods.

Can Water Make You Fat?

Those who write about the worldwide obesity epidemic have focused almost exclusively on life style issues such as consumption of high-calorie junk food and decreases in exercise. These remain plausible interpretations and are certainly contributing factors.

But new research opens up an entirely new theory – the disruption of weight regulation by **hormone-disrupting contaminants**. Japanese researchers¹⁷ have found that **exposure to bisphenol A (BPA), found in plastic water and soda bottles**, in combination with insulin increases the number of fat cells in mouse cell tissue culture, and also causes the enlargement of fat cells.