

Hidden calories in unveiling sneaky sources of excess energy in your diet.

Maria Hiza*

Department of Biological Chemistry and Pharmacology, College of Medicine, the Ohio State University, Columbus, USA

Introduction

Understanding the calories we consume is necessary for maintaining a healthy weight and a balanced diet. While some foods with a lot of calories are visible, many people are not aware of the sources of extra energy that are concealed in their daily meals. Weight loss efforts may be hampered and health problems may result from these undetected calories. In order to help you make educated decisions for a better lifestyle, we shall illuminate the covert sources of calories in our food in this post [1].

Unveiling sneaky sources of hidden calories: Sugar-Laden Drinks: Soft drinks, energy drinks, and sweetened juices are well known for their high sugar content and hidden calories. These drinks have little to no nutritional value, and they can greatly increase weight gain. Processed Snacks: Packaged snacks, like as chips, cookies, and granola bars, frequently include calories disguised in the form of extra sugar, bad fats, and refined carbohydrates. Consuming these snacks carelessly can result in consuming too many calories. Creamy Sauces and Dressings: Sauces, salad dressings, and condiments made with cream can have surprisingly high calorie counts. They frequently include preservatives, bad fats, and extra sugars. Choosing lighter substitutes or preparing your own dressings will help you consume fewer calories. Specialty coffee drinks from coffee shops: Lattes, mochas, and frappuccinos can contain a lot of calories due to the addition of sugar, syrups, whipped cream, and whole milk. Hidden calories can be reduced by selecting smaller portions, sugar-free choices, or alternative milk. Unseen Cooking Oils: Although vital for meal preparation, it's simple to forget about the calories in cooking oils. With about 120 calories per tablespoon, oils are high in calories. Be aware of serving proportions and take into account different cooking techniques like grilling or steaming [2].

Maintaining a healthy diet often involves being mindful of our caloric intake. While we pay attention to obvious sources of calories, such as sugary beverages and fatty foods, there are numerous sneaky sources of hidden calories that can contribute to excess energy consumption. In this article, we will unveil some of these sneaky sources and shed light on the importance of being aware of hidden calories in our diet. Many popular beverages, including soda, energy drinks, fruit juices, and sweetened coffee or tea, are notorious for their high

sugar content. These drinks can pack a significant amount of calories without providing substantial nutritional value. It's important to be cautious of these hidden liquid calories and opt for healthier alternatives like water, unsweetened tea, or infused water with fruits and herbs.

While salads are often associated with a healthy choice, the added toppings, dressings, and condiments can quickly increase their calorie content. Creamy dressings, mayonnaise-based sauces, and high-fat condiments like ranch dressing or barbecue sauce can add a considerable amount of calories. Opting for lighter dressings or using vinegar, lemon juice, or herbs as alternatives can help reduce hidden calories in your salads and meals. Snacking can contribute to hidden calorie intake, especially when indulging in processed snacks like chips, cookies, and candy bars. These snacks are typically high in added sugars, unhealthy fats, and refined carbohydrates, leading to a calorie surplus. Opting for healthier snack options such as fresh fruits, nuts, or homemade snacks like air-popped popcorn can help curb hidden calories while satisfying cravings [3].

Portion sizes have increased significantly over the years, leading to a distorted perception of what constitutes a reasonable serving. Consuming larger portions means consuming more calories, even if the food itself is relatively healthy. It's essential to be mindful of portion control and practice intuitive eating by paying attention to hunger and fullness cues, allowing you to better manage your calorie intake. Sauces, gravies, and dressings used to enhance the flavor of dishes can also be hidden sources of excess calories. Cream-based sauces, rich gravies, and high-calorie dressings like Alfredo sauce or creamy salad dressings can significantly increase the caloric content of your meals. Opting for lighter options, like tomato-based sauces, vinaigrettes, or using herbs and spices to add flavor, can help reduce hidden calories [4].

Coffee shop drinks, such as flavoured lattes, Frappuccino, and specialty coffee beverages, can be a surprising source of hidden calories. These drinks often contain added sugars, syrups, whipped cream, and whole milk, contributing to excess energy intake. Choosing smaller sizes, requesting unsweetened versions, using alternative milk options, or opting for plain coffee or tea can help reduce the hidden calorie load. While fats are an essential part of a balanced diet, it's crucial to be aware of hidden sources of unhealthy fats.

*Correspondence to: Maria Hiza, Department of Biological Chemistry and Pharmacology, College of Medicine, The Ohio State University, Columbus, USA, E-mail: hizam@osuc.edu

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Deep-fried foods, processed snacks, and commercially baked goods often contain Trans fats or unhealthy saturated fats, which can contribute to excess calories and pose health risks. Opting for healthier fat sources like avocados, nuts, seeds, and using cooking methods like grilling or baking can help reduce hidden calories from unhealthy fats [5].

Conclusion

Keeping a healthy diet and weight requires being aware of sources of calories that are not readily apparent. You can significantly advance towards a healthier lifestyle by recognising sneaky high-calorie foods and beverages and reducing your intake of them. Always prioritise whole, nutrient-dense foods, carefully read food labels, and pay attention to portion sizes. Your ability to achieve and maintain a balanced and nourishing diet will increase as a result of making educated decisions about the calories you consume. Being mindful of hidden calories is essential for maintaining a healthy diet and managing weight. By paying attention to sneaky sources of excess energy like sugary beverages, unhealthy snacks, oversized portions, calorie-dense sauces, and unhealthy fats, we can make informed choices and reduce

hidden calorie intake.

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