

Healthy Fruits Can Make You Fat

With the increasing rates of obesity and issues related to being overweight, people are inclining towards eating fruit instead of dessert when they long for something sweet.

We are all aware of the goodness of the nutrition, fibers, minerals and vitamins that are packed into fruit. No wonder eating fruit grants you immense peace and satisfaction that you are safe from the unwelcomed side effects of white sugar.

Most health experts recommend including fruit in your daily diet to improve your overall health. But did you know that consuming more than the recommended amount of fruit per day is counteracting your efforts when trying to lose that stubborn fat?

Fructose Is the Culprit

Fruits are composed of healthy nutrients, such as fructose, carbohydrates and simple sugar. Most dieticians suggest consuming moderate amounts of fructose when you are on a diet plan. Studies indicate that consumption of excessive amounts of fructose can drastically increase insulin levels, which interfere with the body's ability to burn fat.

The liver helps to process fructose and stores it in your body as fat so that it can be used when you require energy. Diabetic patients and individuals who are trying to lose fat should be careful when eating foods that are composed of sugars, especially fructose.

What Do Studies Have to Say?

Numerous studies have been carried out in order to determine the effect of fructose on weight gain. One major study

conducted by the Produce for Better Health Foundation concludes that most people in the United States usually consume less than a bowl of fruit each day. If you are not trying to lose weight, the increased fructose level may not do you any harm, especially if you are eating a moderate amount. However, if you are already overweight or obese, consuming large portions of fruit can make it difficult to lose those extra pounds.

What Other Foods Contain Fructose?

Fructose is found not only in fruits, but also in many other food products that you consume every day. Fructose is found naturally in agave, honey and fruit juices.

Moreover, lots of processed foods on the market are sweetened with fructose. You will find that condiments, breakfast cereals, corn syrup, juices, yogurt and even bread contain fructose as one of the ingredients. If you are trying to shed weight, remember to read the labels on foods you are buying to check the ingredients.

Make Sensible Choices

If you eat lots of fruit, limit your daily servings to stimulate your body to lose weight faster. You can also look for fruits that are low in fructose. Choose your fruit sensibly so that you can remain healthy while trying to get in shape. The best bet is to choose dark fruits as they are thin skinned and full of antioxidants, as compared to thick-skinned and light-colored fruits.

Some other fruits that you can include in your diet are green apples, raspberries, cranberries and blueberries. These can help to reduce glucose response and slow digestion. Berries contain polyphenols, and when consumed along with the high-glycemic foods, they can stimulate your body to produce a lower insulin response. If you feel like having sweeter fruits like cherries, dry fruits or mangoes, save them for special

occasions.

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