



10 Hidden Carbs to Avoid

*So it's easier for you to eat less
And for your hormones and gut to act healthier*

By Dr. D. Lindsey Berkson

**SEXY
BRAIN**

These carbs are obvious.

But many aren't.

Find out exactly how to protect yourself!



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INTRODUCTION

Sugar is a bad guy. The American Heart Association has said, oops, it's not so much high salt that is bad for the heart, but high sugar. Sugar is now considered more heart dangerous than salt. And, it's also recognized to be more dangerous than fat. But avoiding sugar in your meals isn't easy. Many are hidden. So just avoiding pasta and pie for dinner and dessert may not cut down on the concealed carbs you are swallowing without realizing it.

Shrouded sugars abound. In the aisles of health-full stores like Whole Foods, not to mention your favorite neighborhood grocery stores, it's near impossible to find foods that don't come with some kind of added sugar. And, by the way, even "natural" sugar cane is still sugar.

Companies add sugar to many products because we like the sweetness and it makes us want more. And spend more.

Sugar is harmful for your joints, gut, heart, waistline, microbiome and even your brain. Sugar makes estrogen act naughty, instead of nice, so it ups our risk of adverse hormone behavior.

But besides all these potential downstream adverse effects and issues in our tissues, one of the serious collateral damages from eating sugar is that it is highly *addictive*. Regular sugar consumption promotes addictive eating. The more you eat sugar, the more you crave it. The more you buy it, the sicker you get. But you can't believe that your health issues can honestly be linked to just a bit of sugar here or there in your coffee or cookie or yogurt or sauces. Well, think again.

A study in *Obesity Research* in 2002 showed that repeated and excessive intake of sugar (glucose) creates addicts. In this experiment, rats were fed diets high in sugar or regular sugarless rat chow. Then the rats received a drug (naloxone) that normally blocks signaling of addictive drugs. If someone addicted to pain meds gets this drug, they go into withdrawal since the pain med's action in their body is reversed.

When the mice that ate the high sugar diet got the naloxone, they got the shakes, teeth chattering, paw and head shaking, similar behaviors to addicts going through withdrawal. This experiment proved that feeding mice regular and robust amounts of sugar produced rodent *sugar-aholics*. By blocking the addicted rodent's bodies from being able to get sugar signals, they experienced the same withdrawal symptoms seen with withdrawal of morphine or even when people try to give up nicotine.

This shoots out loud that sugar is as addictive as cigarettes and opioids. Having sugar throughout your day, in your coffee, in the maple syrup on your waffles, in your salad dressing, fruit-flavored yogurt, corn bread with dinner and sweetened popcorn or ice cream after dinner, morphs you into a sugar addict. It becomes harder and harder to imagine life without eating more sweet things. To make it easier to train your body to eat less, to eat what it needs more than what your tongue longs to flirt with, benefits you enormously by reducing excess sugary, carb-full foods.

Many people are finally getting the memo that refined sugar is a nasty anti-food. Many are trying to reduce sugars from their diet. But "hidden sugars" can thwart even the best intentions.

To help you, here's a list of common hidden sugars. They lurk everywhere. The more you train your tongue to like sweets less, the healthier you will be. The easier it becomes to eat less sweets and even less food, without a constant struggle. The happier your hormones hum. And of all shockers, soon natural, whole sugar-free foods start to taste sweeter and tastier. And an added super benefit; the more you eat healthier, your kids mirror your actions and learn to retrain their tongues, too (at least they will remember this when they grow up ☺).

Hidden Carb # 1 Saucy Liquids

Ketchup is a shocking source of high sugar. One tablespoon of ketchup contains about five grams of carbs. Most people, especially kids, consume a lot more ketchup than that. Balsamic vinegar has three grams of carbs in a tablespoon. Most of the time, the more inexpensive balsamic vinegars have higher sugar counts than the high-end ones. Salad dressings can contain a lot of sugar. Kraft Classic Catalina Salad Dressing has nine grams of carbs in a two-tablespoon serving. Marzetti's sweet and sour fat-free dressing has 12 grams in two tablespoons. This is the amount of sugar in many slices of bread. Many commercial sauces and gravies are spiked with flour or sugar, both high glycemic foods (raise your blood sugar rapidly) due to their high carb count.

Purchase sauces, ketchups, etc. without added sugar. Get the kids and your mate into mustards, which now come in a variety of flavors, but be careful to avoid added sugar even in those. When at a restaurant, ask for olive oil and seasonings. If you want, add a dash of ranch or some other dressing, but at least you are starting to cut down the carb avalanche in these saucy liquids.



Hidden Carb # 2

Reduced Fat and Low-Fat Foods

Low-fat or reduced fat foods are not whole foods. Consuming reduced-fat yogurt, cheese, salad dressing, or even reduced fat peanut butter can expose you to hidden sugars. To reduce fat but maintain flavor in these low-fat products, food manufacturers often replace fat with sugar. Even organic peanut butter can be shockingly high in sugar, which increases your carb count. Full fat makes it easier for you to eat less. Fat turns on the “satiety center” in your brain that makes it easier to push yourself away from the table and not overeat.

Regularly consuming low-fat foods, which are processed, does the opposite. Low-fat processed foods turn your hunger on high.

Healthy fats—like avocados, olives, nuts and nut butters, coconut oil, and even olive oil—have been shown to help people lose weight. Snacking on nuts, even though they are high in calories, has been consistently linked in studies, with weight loss and better appetite control. Be careful to get whole natural nut butters without any kind of added sugar or hydrolyzed fats. Peter Pan Reduced Fat Creamy Peanut Butter has 14 grams of carbs per two tablespoons. In contrast, Smuckers All-Natural Peanut Butter, made only of nuts and salt, has six grams of carbs for the same amount. Get organic. Many nuts (and grains and beans) are sprayed with Roundup that absolutely blocks critical methylation, makes it hard for your gut lining to hold on to folate that keeps it healthy, and even paralyzes your healthy microbiome turning it into potentially into an unhealthy one.



Hidden Carb # 3 “No-Sugar-Added” Foods

Read labels. We assume if the label says “No-Sugar-Added” that there is no sugar inside the beverage or meal. Not so. If you read the veggie juices that say “no sugar” at your grocery store, you will be shocked at that amount of natural sugars and carbs that lie inside. Sure they are natural, but they are still sugars. And usually they say that a bottle is two servings, so the true total of sugary calories might shock you. Many plain yogurts contain sugar. Sugarless yogurts or kefirs would state that they are *unsweetened*. It’s easy to miss these sugary factoids.



Hidden Carb # 4

Veggies & Fruit High in Sugars

(Enjoy these, but moderately)

Fruit is great for its polyphenolic nutrients, health-boosting pigments, and disease-fighting flavonoids. But fruit still is high in sugar. All too often people give up sugar only to overdo it on fruit. Be moderate even with fruit. Teach this to your kids.

Corn is high in carbs. One ear of corn has about 17 carbs. A third of a cup of corn kernels (off the cob) can have 41 grams of carbs. That's huge. We all love the taste of corn, exactly because it's so high in sugar

Sun-Dried Tomatoes. Tomatoes are high in sugar to begin with. But once they are dried and denser, the carb count goes up. It's healthy carbs, but they still count. Consume moderately.

Root Veggies. Many people start to eat healthy by buying tomatoes and bags of processed small carrots and, boy, are they getting lots of carbs! Carrots are a sweet, starchy veggie. One cup of carrots has about 12 grams of carbs, beets have 13 grams, and Jerusalem artichokes have 26 grams. Root veggies have excess sugars, which make you more hungry, pack on the pounds, and stress your insulin receptors (proteins involved in sugar "talking" to your body).

Beans are a great food with high fiber that healthfully controls blood sugar spiking, but they are still amazingly high in carbs. A quarter cup of black beans or chickpeas has about 30 grams of carbs. They are heart healthy but they are high carbs, as well as calories, so if you are looking to count carbs, you use up your allotment fast when you consume beans. Many inorganic beans are sprayed with Roundup and this sabotages your health efforts. Regularly consuming beans in cans (even organic ones) that are lined with epoxy made of Bis-phenol A alters your hormone health and can contribute diverse health problems from fatigue and brain fog to even decreased libido and erectile dysfunction.

Hidden Carb # 5

Maltodextrin

Maltodextrin is an artificial sugar that is used as a food additive. It is easily digestible, absorbed as rapidly as glucose, and has a high glycemic index. I have seen this and other artificial, high glycemic sugars added as the first ingredient to inexpensive bags of stevia (which is supposed to be a healthy sweetener, but not if it contains high amounts of maltodextrin or other questionable sugars). Maltodextrin is a white powder made from corn, rice, potato starch, or wheat. It may have started from plant material, but it's highly processed. It makes your blood sugar go up unhealthfully. You gain weight and have an appetite out of control and you don't understand what is going on as you are trying to use healthy sweeteners but the inexpensive ones are thwarting your best intentions.

Hidden Carb # 6

Milk and milk alternatives

Milk is sweet, that's why so many people love it. My boyfriend in college kept a refrigerator at the end of his bed so he could wake up in the middle of the night and binge on milk. He was addicted to the milk sugar. Milk contains a sugar, lactose, so a cup of milk can have a lot of sugar and that's why milk tastes so good. Reduced fat milk (1% and 2%) has 12 carbs, more than the whole milk, which has 11 carbs. So fat free milk has more carbs than whole milk. Remember, whole (not fat-reduced) food products are lower in carbs and healthier for you.. Many milk alternatives, like rice milk, soy, etc. also have added sugars, brown rice syrup, or natural sugar cane. Unsweetened milks are the *only* ones without sugar added. But the source of the milk matters and what's added matters. Cashews are naturally higher in carbs, so cashew milk, even unsweetened, has more carbs than milk made from unsweetened coconut, pea milk, or non-GMO soy. When the milks are flavoured, such as vanilla or chocolate, the number of carbs can sky rocket. This is true for cow's milk as well as alternative milks.

Hidden Carb # 7

Yogurt

You try to be good, but it is so easy to be bad. You go to Whole Foods to buy yogurt. That's healthy right? But try to find one without sugar. I went there yesterday and they only had one yogurt out of shelves and shelves of them without sugar. At the regular supermarket they had none without sugar. It isn't easy to find. At the same time, many yogurts are low-fat and then on top of that, are laden with huge amounts of added fruit and sugar. A carb nightmare. A typical container of full-fat plain Greek yogurt has six grams of carbs from the naturally occurring milk sugars. This is a good meal or snack. But when the yogurt is stuffed with fruit and fat-reduced, you can be getting up to 30 grams of carbs in one small snack or meal. This will pack on the weight and make your appetite your enemy. Consume full-fat yogurt that is unsweetened and without added fruit. Add your own to make sure the fruit does not have added sugar. Or buy unsweetened plain full-fat yogurt and then add your own fresh fruit or stevia.

Hidden Carb # 8

Liquid Eggs

Pre-cracked eggs that come in a carton, often contain maltodextrin and other shockingly unhealthy additives. They usually contain other non-food items like xanthan gum and even high fructose corn syrup. Here you are, ordering an egg white omelette on the menu thinking you are being good. But alas no. You are getting hidden carbs and anti-foods. Use real eggs. Eggs have been vindicated. For 90% of us, they do NOT raise bad fats in our blood and even give us many health benefits. However, eggs are not good for those who are allergic to them or for some of those with a history of gallbladder disease.

Hidden Carb # 9

Eating Out

Japanese and Chinese foods can be extremely high in sugar. The sushi rice has high levels of sugar, many of the pickled vegetables are high in sugar, and many of the sushi fish exotic mixes contain surprising high amounts of sugar. Chinese food that is deep fried often has a lot of sugar in its batter and more sugar-full sauce on the outside. The amount of sugar can be shocking. Most Chinese sauces, even white sauces, have robust amounts of sugar. Getting barbeque and thinking that meat and coleslaw is healthy. Depends on the coleslaw. Most commercial coleslaw's and even other mayonnaise veggie blends can be exploding with sugar, so much so that a half cup can have up to 14 grams of carbs. Sugar is in breads, waffles, meatballs, and on and on. Eating out should be a special treat. If you travel, try to order a protein, like fish, steak, or chicken, with a salad and side order of veggies. If you get a potato, scoop out the white part, which is high in carbs, and add veggies and olive oil to the inside. Try to sleuth out carbs and not let them get the better of you. There are still many healthy and tasty things to eat but you have to think!

Hidden Carb # 10

Fried Foods

Frying adds lots of carbs to whatever you are eating. Chicken by itself is a pretty low carb food. Fry it and now it's a high carb food. P.F. Chang's orange chicken is fried, breaded, and has a sugary sauce for a total of 92 grams of carbs, while their sesame chicken has 102 grams of carbs. That's a huge amount of sugar for one meal. Then add the appetizer and the drinks and you have enough sugar for a week in one sitting. Yet, P.F. Chang's has many things on the menu you can order and avoid all this excess sweetness.

Follow Dr. Lindsey Berkson!

“Complexity is My Specialty”

I have been in the health field for over 40 years (best-selling author, clinician, scientist, and patient), so I have a very wide-range perspective to help people with complex health issues finally get well.

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Dr. Raphael D'angelo, MD - The how and why of what fecal studies tell you about your colon and why so many fecal tests are too fast and unreliable.
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Resources:

Obes Res 2002;10:478-488. Evidence that intermittent, excessive sugar intake causes endogenous opioid dependence. Colantuoni C, Rada P, McCarthy J, Patten C, Avena NM, Chadeayne A, et al.

