- Food—caloric content

Which foods are quietly derailing your calorie deficit efforts?

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Are you diligently tracking calories, sticking to a deficit, and still watching the weighing scale refuse to budge? The frustration can be real! However, the issue may not be a lack of effort but hidden calories slipping in through foods that are widely considered "healthy."



Foods often labelled "healthy" may be quietly sabotaging your fat loss journey by adding more calories than you realise. Lifestyle, fitness and health coach Claire Hurwitt explains how a calorie deficit actually works, and how it may be working against you.

Calorie deficit is just math

"There is no such thing as a 'good' food or a 'bad' food. But there is such a thing as food that quietly pushes you into a calorie surplus without you realising it. And that's usually the problem," Claire says.

The fitness coach explains that fat loss occurs only when you're in a calorie deficit, which leads to weight loss. A calorie surplus results in weight gain, while eating at maintenance helps you sustain your current weight, with no significant change either way.

That's it. No drama. No morality. Just math. These foods aren't evil. They are just easy to overconsume, "especially when portions aren't tracked," Claire highlights.

Don't delete, just count The fitness coach offers a simple solution. Instead of punishing yourself by eliminating these foods from your diet entirely, simply be mindful of your portion size. This is what truly makes the difference. She shares, "You don't need to remove these foods. You need to account for them. Fat loss doesn't require perfection. It requires awareness. If the scale isn't moving, this is often where the disconnect lives."

WHERE ARE THE CALORIES HIDING?

Fitness and health coach Claire Hurwitt outlines 10 foods that, while rich in healthy fats, can quietly sabotage fat loss by adding far more calories than most people realise.

Nut butters: While rich in healthy fats, they are still calorie-dense. What's meant to be two tablespoons rarely stays limited. Olive oil and cooking sprays: Even when used sparingly, they still contribute calories that can add up quickly.

Granola: Branded as healthy, it is dense in calories and tends to be overconsumed. Trail mix: A blend of nuts and seeds, even a small handful can rack up the number. Protein bars: Often marketed as containing high-protein content, many are essentially candy bars with a health halo. Smoothies: They can quietly drive up calorie intake, since it is far easier to drink large amounts than to eat the same volume of whole foods.

Coffee add-ins: Plain black coffee is virtually zero calories, but creamers, syrups, sugars, and sweet foam can sneakily add up the calorie intake.

Restaurant salads: Ordering salads at restaurants might seem healthconscious, but the dressings and toppings are dense with fats. Plant-based milks: Flavoured or sweetened plant-based milk can also be calorie-dense.