

In moderation, red meat has its benefits — you'll get plenty of protein to fuel your gym workouts and you'll feel more energized throughout the day — but it's not always the best option. Calorie Secrets explains red meat can be a key factor in weight gain because it's so high in saturated fats. Furthermore, research has shown eating meat, including red meat, can lead to an expanding waistline over time.

6. Nuts

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Health explains nuts are high in omega-3 fatty acids and protein, but they're also high in calories — a quarter-cup of almonds is 132 calories.

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7. Dried fruit

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The sugar content of dried fruit can be serious.

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