When a person consumes more calories than they use as energy, their body will store the extra calories as fat. This can lead to excess weight and obesity. Also, some types of foods are more likely to lead to weight gain, especially those that are high in fats and sugars. Foods that tend to increase the risk of weight gain include: ● fast foods ● fried foods, such as french fries ● fatty and processed meats ● many dairy products ● foods with added sugar, such as baked goods, ready-made breakfast cereals, and cookies ● foods containing hidden sugars, such as ketchup and many other canned and packaged food items ● sweetened juices, sodas, and alcoholic drinks ● processed, high-carb foods, such as bread and bagels Some processed food products contain high-fructose corn syrup as a sweetener, including savory items, such as ketchup.