

Special Report

14 Fat Burning Foods

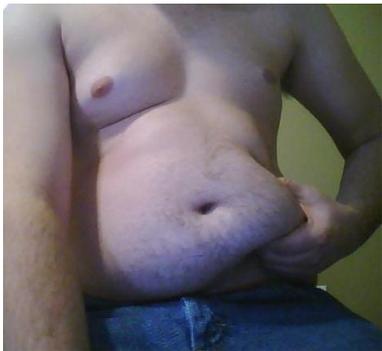
Everyday Foods That Maximize
Your Weight Loss!

fitnessinsiders.org

14 Fat Burning Foods

Don't starve yourself to lose weight! Just sprinkle one of these 14 different foods into your diet and pounds will literally start falling off!

With many people in today's society trying to find shortcuts to lose weight, there are always those that know tricks to the trade. Any average person can tell you what foods are generally good for you and which ones are not, but only some people realize that when eaten in combination with diet, exercise, and even other foods, certain ingredients can be key in your weight loss journey. Many different ingredients have been used for centuries to cure common illnesses and ailments that have plagued the human population since the beginning of time. With modern medicine being as advanced as it is, chemicals and drug combinations have minimized the use of herbs, spices, plants, and foods to solely cure people. However, these herbs, spices, and plants that make up the food we eat should not be ruled out as boosters in our nutritional plan to lose weight because many of them can aid in digestion, boost metabolism, fight fatigue, and prevent hunger pains and the absorption of fat.



The word "fat" often leads one to think of the excess poundage or flab they are trying to shed. However, many foods have fats, which are essential to promoting the proper working order of the body, along with healthy skin, nails, and hair. The right kinds of fats or healthy fats are usually unsaturated rather than saturated. Saturated fats are found in fried foods, chocolates, and many other types of snacks. Essential or healthy fats are found in a variety of foods that we eat.

Fish: Certain types of fish are high in healthy fats and fatty acids like omega-3's, which can help limit the fat storage in your body. Fish like salmon, sardines, and trout all contain these healthy fats and high levels of omega-3's to feed your body while adding nutrition



through healthy chains of fats. Fish is one of the leanest types of meat you can eat, but you also have to watch how it is cooked. Fried fish or fish baked in oils or butter obviously adds a lot of unnecessary saturated fats. Try adding flavor to fish using a variety of spices and grilling it to preserve the leanness of the meat instead.

Olive Oil:

Olive oil is another food that is packed with fats that are essential to your body as well as omega-3's. Olive oil should be purchased in its purest form in order to avoid flavor additions, which leads to more calories. To preserve the flavor of meat and vegetables use a few teaspoons of olive oil at a time to bake, sauté, or fry food. That way, you are getting the health benefits of the olive oil along with the health benefits of the food you are cooking without adding too many extra calories to your meal. Other oils, like corn, vegetable, or canola oil can lead to the consumption of more calories than you intended. Olive oil also can help you prevent high cholesterol and can be purchased in many forms. Look for "heart healthy" or extra virgin olive oils at your local grocery store.



Nuts and seeds:

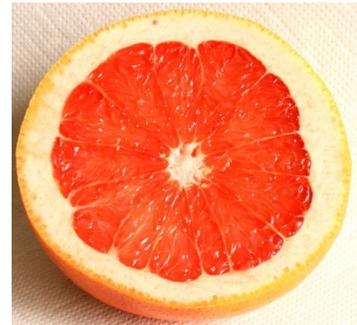
When purchasing nuts or seeds, look for unsalted, raw, and unflavored forms of all nuts and seeds that you intend on eating. When consumed in large quantities, nuts can lead to a very heavy calorie laden snack. However, when consumed as part of a healthy diet, they should be eaten in small amounts throughout the day to help you curb cravings as well as provide you with essential fatty acids and omega-3's which helps your body burn fat longer and more efficiently. Nuts you should look for are whole raw almonds, walnuts, Brazil nuts, and Macadamia nuts. Sunflower seeds and pumpkin seeds add essential fatty acids to your diet.



Nuts that have been processed and turned into products should also be purchased as a part of your daily diet. Almond butter and raw peanut butter are great alternatives to other calorie heavy spreads such as Nutella and butter, and taste great. These foods also provide your body with a lot of protein, which can help you feel full faster and longer. A high protein diet rather than a high carbohydrate diet can be more effective for your body when trying to lose weight or gain muscle mass because you are providing your body with the essential nutrients it needs to heal itself and make itself stronger.

Grapefruit juice:

Although it can be one of the harsher tasting juices and definitely an acquired taste, grapefruit juice is well known for its ability to help your body simply prevent fat storage. A study performed in the United States found that people who added half a grapefruit or 8 ounces of grapefruit juice to their diet three times per day lost an average of four pounds in twelve weeks. Grapefruit contains sugars that slow down your body's insulin production, which in turn limits fat storage. Grapefruit is an inexpensive fruit and can often be purchased by the bag.



Organic milk:

Research performed in the United Kingdom has shown that organic milk has almost 70% more omega-3 fatty acids than regular milk. Omega-3 fatty acids are the building blocks of your body, and they are an essential part of your diet. A study published in the Journal of Daily Science proved that grass-fed cows produced milk containing more than 500% more conjugated linoleic acid (CLA) than cows who produced milk after eating grain or a diet infused with steroids. Healthier cows in turn pass the healthy benefits on to you through their milk. If you drink milk every day, whether it is in cereal, in coffee, or just as a drink itself, making the switch to organic milk can bring those CLA's and the omega-3's into your body which can help your body to drop fat. Drinking organic milk after a



workout can help your body also build muscle faster and more efficiently than drinking regular milk. Along with organic milk, products that contain dairy like cheeses and yogurts should also be bought organic in order to pass those health benefits on to you.

Whole grains:

A big selling point in today's weight loss industry is the foods that people love to eat every day being converted into "whole grains." Products like cereals, pastas, bagels, and granola bars are using more whole grains to make



their products "healthier," often are not that much healthier for you. In using whole grains, many products have more sugar added in order to make up for loss of flavor, so while a "whole grain" product may seem healthier, be wary. Real whole grain products are as simple to the natural ingredient as can be. Simple switches from white starches and carbohydrates to whole grain products that have not been processed are much healthier for you and easier for your body to digest while getting more nutrients from them.

Simple switches can help lead to better body benefits. Instead of white rice, look for brown rice. Oatmeal should be as close to unprocessed as possible, so look for steel cut oats instead of the packets for oatmeal flavored with brown sugar. Bread should be also made with stone ground wheat, which makes the bread look very nutty, but also tastes better and makes for a more fibrous meal. Consuming whole grain products adds more fiber to your diet, which can make your digestive system more regular and efficient. Fiber in your diet binds food together so that nothing gets left behind. That way, your body isn't just consuming fat and calories it doesn't need while food sits in your digestive system. Whole grains provide your body with tons of fiber and less calories than processed grains.

A study conducted at Penn State University showed that people who consumed low calorie whole grains lost significantly more abdominal fat than people who consumed low calorie processed grains. Whole grains help the body digest over a longer period of time, which leads to you feeling fuller longer, preventing insulin spikes in the body with rapid digestion associated with processed grains. When processed grains are consumed, insulin levels spike

and tell your body that you need to store more fat because it may need it later to protect itself from another insulin spike. With a lower glycemic index score, whole grains aid your body in digestion, preventing it from spiking in insulin levels.

Apples:

You have heard the phrase “An apple a day keeps the doctor away,” and there is a reason why. Apples are a very slow digesting form of carbohydrate that can keep your body digesting and burning fat over a longer period of time. Although carbohydrates are seemingly frowned upon in the world of dieting, carbs are an essential part of your diet because they are converted to energy.



Apples, like whole grains, are slow digesting and low scoring on the glycemic index scale. They are also full of fiber, which aids your body in digestion. Apples provide more nutrition to the body when eaten with the skin on. Apples provide your body with polyphenols, which boosts muscle strength, endurance, and ramps up fat loss, especially around the abdominal area.

Apples are the ultimate training tool and can be as important to your diet and exercise regimen as rest and recovery is. The polyphenols in apples help boost endurance and strength, which can help you exercise longer and harder, leading to more calories being burned throughout your routine. Apples can be snacked on throughout the day for a boost in mental focus, a decrease in hunger, and a huge burst in fat burning, while limiting fat production and storage.

Eggs:

With eggs being packed with protein, they are a great way to provide your body with the protein it needs while preventing your body from being hungry a short while later, especially like you can after a bowl of cereal in the morning. Consuming



eggs in the morning for breakfast leads to less calorie consumption throughout the day, as shown by a research. People who ate eggs for breakfast not only felt full longer into the afternoon, but they also ate fewer calories and lost significantly more body fat than people who did not. Although eggs are high in protein, they can also become unhealthy when not eaten in moderation, because the yolk contains high calorie content as well as unnecessary saturated fats. Egg yolk does also contain unsaturated fats, which are good for the body, so when eaten in moderation and in combination with egg whites, eggs provide optimal nutrition content for the body. Researchers recommend two egg whites for every one egg, that way you are provided with the nutrition and protein your body craves, along with the flavor from the yolk.

Green tea and Green Tea Extract:

Green tea is a staple beverage in many cultures across the world. Green tea contains epigallocatechin gallate (EGCG). This ingredient inhibits the enzyme that breaks down the neurohormone norepinephrine. Norepinephrine keeps your metabolism high, so by consuming green tea you are ingesting the ingredient that prevents



norepinephrine from being broken up in your body, resulting in a higher metabolism. Green tea has been found to make its drinkers more alert, focused, and awake, without the jolting effects of caffeine. Scientists have found that green tea is very hydrating to the body, perhaps more hydrating than any other liquid besides water. A study written in the Journal of Nutrition proved that subjects that drank green tea during exercise lost significantly more abdominal fat than subjects that drank a placebo. Green tea can also be sweetened to your liking using zero calorie raw and natural sweeteners.

Green Tea extract can be taken any time of day to get the benefits of the EGCG without drinking the beverage. This is also a way for people who do not like the taste of green tea to reap the benefits of EGCG without having to consume the liquid form. Green Tea extract is

absorbed into the body better than when drinking the tea. 500mg of green tea extract before meals twice a day can boost fat burning.

Black Tea and Oolong Tea:

While many people drink tea to relax, drinking tea black can reduce levels of cortisol, which is a stress hormone produced in your body.

When cortisol is produced in stressful situations, your body can store it as fat, especially around the midsection. Middle-aged women experience the highest levels of cortisol. Black tea and Oolong tea contain polyphenols that boost your metabolism, burning fat longer throughout the day.



Whey protein:

Protein shakes aren't just for body builders anymore. Protein as 40% of your diet can keep you feeling fuller longer, which can lead to less calorie consumption throughout the day. When reaching for a mid afternoon snack, whey protein shakes should not be overlooked. Whey is a natural substance that is not ramped up with additives or flavor. Whey protein boosts the levels of hormones in your body that signal you are hungry, even if you are not. Whey protein contains cholecystinin and glucagon, which help provide muscles with nutrition after a workout but also give you that full, satisfied feeling. Whey protein shakes consumed at least 30-90 minutes before meals can prevent you from overeating.



Avocado:

Avocado can be eaten in a variety of ways and used as a spread, flavoring, or even a dip. Avocados are full of monounsaturated fats, which isn't stored as fat in your body but is an essential part of your diet to provide your body with



the nutrition it needs. Avocado is highly used in the healthy foods realm because of its ingredient mannoheltulose, which is a sugar. This sugar dulls insulin release and improves your body's ability to absorb calcium. With your body not reacting to food with an insulin spike, it is able to properly digest food and use it's nutrients without storing the calories as fat. Maintaining a low insulin level and consuming products with calcium is helpful for the body to lose fat. Avocado is a great replacement for mayonnaise or another spread on sandwiches, added to salads, and eaten alone or as guacamole.

Energy drinks (The RIGHT kind):

Many weight loss pills work because of their additions of caffeine or ephedra. Energy drinks sold over the counter usually contain tons of sugar and many other ingredients that are not necessary to feel energized. A study performed at the University of Oklahoma found that when subjects consumed an energy drink containing



200mg of caffeine and 250mg of EGCG from green tea for one month lost, on average, more than one pound without altering their diet or activity levels. The energizing substances in the energy drink kept metabolism up, so the body keeps burning fat throughout the day. Energy drinks without the added sugars or unnecessary ingredients like Taurine and Guarana should be looked for when purchasing an afternoon pick-me-up.

Hot peppers and spicy foods:

Foods containing spicy ingredients like jalapenos, habaneras and chili peppers have high levels of capsaicin. Capsaicin not only burns and tingles in your mouth, but is has been shown to burn calories, even when you are just sitting around.

Capsaicin promotes calorie burning and reduced hunger and

food intake. When added to your diet, capsaicin can significantly boost fat burning, especially



when eaten on days that you exercise. Add hot peppers, red pepper, or hot pepper sauce to your meals to burn extra fat you are consuming. For those that don't like spicy food, look for a supplement that contains capsaicin to take instead.

Water:

Usually a no brainer, increasing water intake is just overall beneficial to your body. While making most body processes smoother, drinking more water throughout the day can boost your metabolic rate by a third of its normal rate. It also can make you feel full temporarily, and also prevent overeating when you drink it before meals. Researchers recommend drinking a full glass of water before meals in order to prevent overeating and excess calorie consumption.



5 Steps To Looking 10 Years Younger...

Do you want to shed a few (or a lot of weight) and reclaim your old body?

Do you want to slow down the aging process and reclaim your health, so that you feel, look and act like you did 10 years... Even 20 years ago.

Then, please read this article about 5 things you must ABSOLUTELY avoid if you want to live your perfect, ideal lifestyle!

[>> Click here <<](#)

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