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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Calorie and Carbohydrate Counters

By Dr. Donald A. Miller

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I recently received an email offer for a hand held computer that contains food fact tables, non volatile memory to hold the user's input data (food types and amounts, height, frame type) and calculates the total calories or carbohydrates that the dieter might want to track or limit.

Rather clever, and it will probably sell well.

However, if the dieter chooses safe food types, he/she can eat huge amounts without ever counting either calories or carbohydrates, and still lose weight. Of course, limiting consumption to moderate amounts will speed weight loss, and allow stabilizing at one's ideal weight.

Rather than reduce or bypass parts of the digestive system, the most effective weight loss surgery is to staple ... the mouth.

Here's a useful secret. A small amount of fat can satisfy hunger better and longer than a large amount of low fat protein concentrate. Restrict that fat to low- or un-saturated types, such as available in nuts, eggs, legumes, perhaps an avocado (if you are near the low cost sources), and you won't put your cardiovascular system at risk. Some use of truly lean meats can be healthful, but don't overlook soy bean tempeh and similar high protein plant foods which have no saturated fat. Eat as much as you can hold of vegetables, fruits, and grain foods, prepared without added sauces, sugars, dressings, oils, butter, margarine, cheeses,

and so forth.

Restrict your consumption on any high energy foods, such as alcohols, refined sugars, fats and oils — especially the saturated fats. Eat the calories you need for the amount of your physical activity, but not more.

Such diets need not be boring. Fantastic recipes from around the world are now available on the internet. Just learn how to be selective, and/or to modify the ingredients to safe choices.

**** Diet with FACTS, not MYTHS. ****

Dr. Donald A. Miller is author of "Easy Health Diet" <http://easyhealthdiet.com/diet.htm>, "Easy Exercise All Ages" <http://easyhealthdiet.com/eeaa.htm>, and numerous free articles on health <http://easyhealthdiet.com/articles/>. Seven of ten deaths are caused by preventable diseases.

Negative Calorie Effect in Foods

By www.FatFreeKitchen.com

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Whatever food we eat, our body has to work hard to digest it and absorb. Some foods need more energy than the others in the process of digestion. It is likely that there may be certain foods that require more calories to digest than the caloric content of the foods themselves. In fact there are certain foods in nature which possess this property. Such foods may be termed as negative calorie foods because these foods take these extra calories from the body fat. Similarly there may be foods that require the same amount of calories as the caloric content of these foods. Such foods are effectively of zero calorie.

The secret of negative calorie effect lies in the fact that these foods use more calories to digest than actual calories. The overall effect of these negative calorie foods in our body is that of using calories from body. These foods are mostly natural plant foods like vegetables, fruits, beans, lentils and legumes.

If you eat a food high in fat, your body will expand almost no calorie and the fat very easily goes to your waistline. On the other hand, the more you eat these negative calorie foods, the more you have a

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feeling of fullness, thereby leaving a little chance of eating other fatty and oily foods. The other important thing about these negative calorie foods is that these can form part of a perfectly balanced diet.

There are a large number of foods that combine low calories, delicious taste, and excellent negative calorie properties. Include these foods in your daily meals. You will get maximum benefit if you eat them in raw natural form, with little butter or oil. The most important thing about these

is that you will never feel hungry if you are on a diet with negative calorie foods.

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<http://www.fatfreekitchen.com>. For more information on negative calorie foods visit the web site

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