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**Can Eating Certain Foods Help You to Lose Weight?**

**By David Snape**

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Experts have discovered that certain foods can actually help you to lose weight without the stress of dieting or exercise. The down side is that many of us have a tendency to dress these foods up with cheese, sour cream, butter or other calorie-laden flavor enhancers. This causes the weight loss effect to be lost. It may be difficult to not add extra calories to these foods but with a strong will power it can be done.

A negative calorie food can be defined as a food that results in a slimming effect for the body. In other words a carrot (without anything else) will cause your body to use an increased amount of energy when digesting it and other foods, this can lead to an overall reducing effect on the body. This is partly from the amount of energy it takes to digest the carrot or other "negative calorie food" and partly from the elevation in metabolism that these foods naturally create. The overall effect is a net loss of energy, which is measured in calories.

It should be understood that 'negative calorie' doesn't mean that the food has zero calories in it, nor does it have an anti-calorie or a negative calorie.

Here is a partial list of negative calorie foods: apples, cranberries, grapefruit, lemon mango, oranges, pineapple, raspberries, strawberries, tangerines, asparagus, beets, cabbage (green), carrots, cauliflower, hot Chile peppers, cucumbers, endives, garden cress, garlic, green beans, lettuce, onion, papaya, radishes, spinach, turnips and zucchini. There are more and you can learn about them from a medical doctor's very popular book.

In his book, Foods that Cause You to Lose Weight, Dr. Neal Barnard explains the effects these foods have on the body. A quote from Dr. Barnard's book reveals some startling facts, "They found that those who ate foods that were very low in fat and high in carbohydrates, lost weight steadily, without limiting how much they ate. But those on high-fat diets could not effectively lose weight even if they ate skimpy portions." Dr. Barnard is referring to the published results of an experiment conducted at Cornell

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University and published in the May 1991 edition of the American Journal of Clinical Nutrition.

A book reviewer posted on a website how he lost 30 lbs. utilizing the information from Dr. Barnard's book.

It is important to exercise caution when dieting because there are certain things that your body needs to remain healthy including proteins, fats, vitamins, minerals and other nutrients that are necessary for the body to function at its optimum level. You cannot remain optimally healthy by eating the negative calorie foods alone.

This article is for information purposes only and is not meant to diagnose, treat or prevent any health condition. Please consult a doctor before dieting.

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### **Fat Burning Foods**

**By P. Mehta**

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Fat Burning Foods

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Are there any foods that burn body fat? If yes, how is it possible? It should be possible to lose weight by simply eating such foods. What are these foods?

The fat burning foods are foods that burn more calories than the calorie content of the foods itself. There are certain foods which actually burn more fat than the calorie content of the food itself. These fat burning foods or so called negative calorie foods are natural plant foods.

Fruits rich in vitamin C like limes, lemons, oranges, grapefruit and tangerines have fat burning properties. Some of the other fat burning foods are asparagus, beet root, broccoli, cabbage, carrot, apple, blueberries, and watermelon. If you eat these fat burning foods and do some exercise, it will

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boost your metabolism and burn calories at a faster rate for several hours even after exercise.

A recent research reports that calcium in dairy products can boost weight loss by increasing fat breakdown in fat cells. If you compare a dairy-rich versus a dairy-poor diet you can nearly double the rate of weight and fat loss with the same level of calorie restriction.

Not eating enough will slow your metabolism and deteriorating your health. Note that in order to lose weight you have to burn more calories than you consume. This can be done by eating negative calorie foods. This will help your body burning up the excessive stored fat.

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This article has been written by <http://www.FatFreeKitchen.com>.

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