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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!**

Diet Information: The Cabbage Soup Diet

By Jason Hulott

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The Cabbage Soup Diet is a quick fix diet for those people who only have a few pounds to lose. Unlike most other dietary programmes, it does not encourage a change in the way you eat, long term - it is more a way of shifting surplus pounds in the short term.

Many people go on the Cabbage Soup Diet in the week leading up to a big event where they want to that little bit 'svelter'.

The diet program lasts for seven days (and must not be exceeded) and, for many people, a week on a strict diet is something achievable if they don't have mammoth amounts of weight to lose.

A lot of the weight loss you see will be water, but many people find they do drop a dress size after having been on the seven day programme.

Basically, you eat as much cabbage soup as you want for a week, plus a very limited amount of other foods. To stay on the programme for longer than a week will be counter-productive and will affect your health and energy levels.

<http://www.uk-diets-online.co.uk> provides information about all the major diet systems available. Download as FREE copy of the Tasty Weight Loss and Muscle Building Recipes Book, a 33 page book which you can download for free to get some ideas for weight loss recipes.

Weight Loss Diets with Negative Calorie Foods

By www.NegativeCalorieFoods.com

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Weight Loss Diets with Negative Calorie Foods

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Negative calorie foods are said to use more calories to digest than the calorie content of the foods themselves, resulting in a negative calorie balance. It is therefore natural to consider a diet containing these foods for weight loss.

A diet is a combination of a balanced selection of foods designed for medical or nutritional reasons. A good diet should include all major food groups. The weight loss diets (with or without negative calorie foods) are made to reduce body fat and weight. Some of the popular weight loss diets are : Atkin's diet, cabbage soup diet, grapefruit diet, Hollywood diet, negative calorie foods diet, Pritikin diet, the South beach diet and the zone diet.

Most of the weight loss diets promote to eat a particular food group and restrict other food groups. Such diets may show temporary results. If you follow these restricted diets for a long time, you may develop some health problems at later stage as these diets do not contain all the necessary nutrients needed for your body.

The secret to losing weight is to eat and drink the right kind of foods until you are satisfied. Skipping of meals is not the answer for weight loss, it can rather deteriorate your health. A healthy weight loss diet plan should include vegetables, fruits, grains, lentils and beans in your diet. Following is a sample daily diet plan that is good for keeping healthy weight and good health, irrespective of whether you follow a diet plan with negative calorie foods or not.

- Skim milk and skim yogurt .
- Salads or boiled vegetables or vegetable soup as starter.
- Whole-wheat bread/tortila, whole grain cereal and rice.
- Whole grains like kidney beans, chick peas and lentils.
- Lightly cooked green vegetables.
- Any dessert with minimum sugar.
- Lean variety of meat (it is better to avoid).
- The dinner should be light. If you had bread for lunch then have rice for dinner.

Include as much negative calorie foods as possible in the above diet plan. If you are meat eater, choose from a lean variety and restrict to one serving in a day.

A diet with negative calorie foods as main ingredients can include foods that are loaded with carbohydrates, proteins, vitamins, minerals and dietary fibers necessary for keeping you fit.

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The diet with negative calorie foods can be tailored for fast or gradual weight loss. The fast weight loss diet that can lower the weight up to two pounds per day, is not recommended for long term. The gradual weight loss diet can reduce one pound in a week and can be followed until desired weight is achieved. The diet can be made according to ones needs. The

will not give you much

benefit if you are eating foods loaded with fats and sugars. If you eat a serving of potato fries, don't think that you can reduce the calories gained from fries by simply eating some negative calorie celery.

For more information on

visit the web site:

<http://www.negativecaloriefoods.com/>

None



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