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Light Calorie Cooking: How To Cook Low Calorie Foods Which Still Taste Fantastic

By "DivineRecipes.com"

Many people these days want to control their diets so they are eating low calorie foods, but low calorie foods that still taste great. The way to get low calorie foods that taste great is through light calorie cooking. There are a few tips to consider when embarking on light calorie cooking adventures where the calories are low but the taste is high.

Margarine As Opposed to Butter

When following recipes when preparing a meal, there are many recipes that now list a choice between using butter as an ingredient or margarine. By using margarine in the recipe instead of butter the cook cuts the caloric content significantly yet still keeps a good taste overall. It is very hard to tell the difference between margarine and butter that is used in cooked foods and since margarine is lower in calories it is a great substitute. So, the next time you are cooking and run across a choice between butter or margarine as an ingredient make the healthy and low calorie choice by using margarine. The taste will remain great and it won't affect your waistline!

Splenda as Opposed to Sugar

Another great way in which to save on the caloric intake is to use Splenda in one's recipes as opposed to sugar. Splenda consists of sucralose, which was approved for sale on the market in the late 1990s. Not only is this ingredient low in calories but it is great tasting as well. Splenda is also a wonderful ingredient to use in baked foods as it is heat stable and there is no real loss of the substance during cooking. For these reasons, Splenda is a great ingredient to use when cooking using those recipes which call for sugar. You won't notice a difference, but you will enjoy great foods and beverages with considerably less calories!

These are two ways in which a calorie-conscious individual can make fantastic light calorie meals that are abundant in the taste department and easy on the waistline as well.

DivineRecipes.com features over 25,000 food and drink recipes including light cooking and vegetarian recipes. Visit

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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 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

negative calorie

foods

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

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This article has been written by <http://www.fatfreakitchen.com>. For more information on negative calorie foods visit the web site

Negative Calorie Foods, Negative Calorie Recipes, & Diet

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