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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.

Weight Loss Diets with Negative Calorie Foods

- 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.

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/>

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Negative Calorie Foods & Weight Loss

By P. Mehta

You gain weight when your calorie intake is more than your calorie expenditure. But if this calorie equation is reversed, then it results in "negative calorie" balance in your body. In this negative calorie case, you expend more calories than you take in, resulting in a decrease in the stored calories in the form of body fat, and you experience a weight loss. About 10% of daily caloric intake is used to process foods in the body. You can expend more by doing physical activities.

Weight Loss Diets with Negative Calorie Foods

There are certain foods that show negative calorie effect because the body has to expend more energy to extract calories from these foods. The negative calorie foods need more calories to break down the foods and digest than the calories the foods actually contain. The extra calories are taken up from the stored fat in the body. Thus the negative calorie foods (may also be called as minus calorie foods or fat burning foods) are ideal for reducing the body fat and for losing weight.

Let us take an example. A piece of dessert consisting of 300 calories may require only 150 calories to be digested by our body, resulting in a net gain of 150 calories which is added to our body fat! So if you eat 100 calories of a food that requires 150 calories to digest, then you have burnt an additional 50 calories simply by eating that food. These 50 calories are used up from the stored fat in your body!

These foods are widely available in nature. Some of the foods from the list of negative calorie foods (about 100 in number) are: asparagus, broccoli, beets, cabbage, cauliflower, celery, cucumber, carrot, garlic, papaya, spinach, turnip, zucchini, apples, oranges, lettuce, grapefruit, pineapples, strawberries, and raspberries.

It is a great idea to eat these negative calorie food items to your full satisfaction without counting calories. Include these foods in your daily diet and plan your diet according to food pyramid. You will be amazed to see the fast weight loss results. You can follow a negative calorie diet plan for safe and permanent weight loss.

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