

This Free E-Book is brought to you by Natural-Aging.com.

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

What Are Negative Calories?

By Tanya Zilberter , PhD

What Are Negative Calories? by Tanya Zilberter , PhD

This is an article from the series: "Diet and Body Coverage." It first appeared at dietandbody.com/Negative_calorie_1.html

Chances are that you are familiar with extremely popular Negative Calorie Diet (tm) attracting online dieters by the NEGATIVE CALORIE idea. Recently, it became clear (at least to me) that the foods, which can be called "negative calorie foods" come in two shapes. One is pure low-fat, low energy density, high-fiber foods. Another group looks opposite in every respect except it also can qualify for having negative calorie effect. How can it be? Let's start with the "older" group.

Catabolic Food

It all started back in 1935 when the term "Catabolic food" was first used by Dr. Victor Lindlahr who practiced in Chicago and broadcasted his nutrition program. The term referred to foods that had, what he called, "reverse calories" (now known as negative calories.) Dr. Lindlahr asked listeners of his radio broadcast to test his new diet and report back to him the results.

Almost 26,000 listeners did report back with an average one pound of body weight lost per day for ten days.

So, there is such thing as negative calorie food?

If consuming these foods results in overall negative calorie balance – you burn more calories than you consume – then YES, there is such a thing. But how can one tell before the foods are eaten day after day and body weight is lost indeed?

Anabolism, Catabolism, and Energy Balance

It takes carefully matching caloric intake to caloric expenditure to maintain proper energy stores.

Achieving such a balance of energy is a product of complex interactions of hormones with the systems in the brain that regulates food intake and energy expenditure.

What Are Negative Calories?

1. The 'anabolic' system is activated during negative energy balance. This system increases food intake and decreases energy expenditure to regain lost energy stores. It is trying to return the body to the energy-saving mode.

2. The catabolic system is activated during positive energy balance. This system decreases food intake and increases energy expenditure.

So the genuine catabolic system is activated only by a positive energy balance, which seriously contradicts the Catabolic Diet, leave alone the Negative Calorie Diet (tm) theory.

To make the things even worse, there are direct experimental facts that during negative energy balance the body decreases production of heat, thus decreasing energy expenditure.

Does this mean that the Catabolic Diet doesn't work? I'm far from making this conclusion. I am just trying to say that it works differently than is spelled out by its founder and his followers now selling their Negative Calorie Diet (tm)

Next part: "The more you eat the more you lose?" can be found at dietandbody.com/negative_calorie_2.html

Tanya Zilberter, PhD, is a researcher, health educator, exercise physiologist, and scientific journalist. Meet Tanya at dietandbody.com/banta/drzilberter.htm

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.

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!

What Are Negative Calories?

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.

Copyright 2004 P. Mehta

You have permission to publish this article in your web sites, ezines or electronic publication, as long as the piece is used in its entirety including the resource box, all hyperlinks (HTML clickable) and references and copyright info.

This article has been written by

. For more information on negative

calorie foods visit the web site

Negative Calorie Foods & Weight Loss

Negative Calorie Effect in Foods

Calorie Burning 101

Look Out For BBQ?

The Role of Calories In a Nutritional Program

Obesity and Weight Loss

30-Day Low Carb Diet 'Ketosis Plan'

HIV/Aids Healed by the Power of God

The Truth About Diabetes

Control your Headache!

What Are Negative Calories?



This Free E-Book has been brought to you by Natural-Aging.com.

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