

Fat Burning Foods

Each one of the following foods is clinically proven to promote weight loss. These foods go a step beyond simply adding no fat to your system – they possess special properties that add zip to your system and help your body melt away unhealthy pounds. These incredible foods can suppress your appetite for junk food and keep your body running smoothly with clean fuel and efficient energy.

You can include these foods in any sensible weight-loss plan. They give your body the extra metabolic kick that it needs to shave off weight quickly.

A sensible weight loss plan calls for no fewer than 1,200 calories per day. But Dr. Charles Klein recommends consuming more than that, if you can believe it – 1,500 to 1,800 calories per day. He says you will still lose weight quite effectively at that intake level without endangering your health.

Hunger is satisfied more completely by filling the stomach. Ounce for ounce, the foods listed below accomplish that better than any others. At the same time, they're rich in nutrients and possess special fat-melting talents.

1. Apples

These marvels of nature deserve their reputation for keeping the doctor away when you eat one a day. And now, it seems, they can help you melt the fat away, too.

First of all, they elevate your blood glucose (sugar) levels in a safe, gentle manner and keep them up longer than most foods. The practical effect of this is to leave you feeling satisfied longer, say researchers.

Secondly, they're one of the richest sources of soluble fiber in the supermarket. This type of fiber prevents hunger pangs by guarding against dangerous swings or drops in your blood sugar level, says Dr. James Anderson of the University of Kentucky's School of Medicine.

An average size apple provides only 81 calories and has no sodium, saturated fat or cholesterol. You'll also get the added health benefits of lowering the level of cholesterol already in your blood as well as lowering your blood pressure.

2. Coffee

Easy does it is the password here. We've all heard about potential dangers of caffeine – including anxiety and insomnia – so moderation is the key.

The caffeine in coffee can speed up the metabolism. In nutritional circles, it's known as a metabolic enhancer, according to Dr. Judith Stern of the University of California at Davis.

This makes sense, since caffeine is a stimulant. Studies show it can help you burn more calories than normal, perhaps up to 10 percent more. For safety's sake, it's best to limit your intake to a single cup in the morning and one in the afternoon. Add only skim milk to tit and try doing without sugar – many people learn to love it that way.

3. Grapefruit

There's good reason for this traditional diet food to be a regular part of your diet. It helps dissolve fat and cholesterol, according to Dr. James Cerd of the University of Florida. An average sized grapefruit has 74 calories, delivers a whopping 15 grams of pectin (the special fiber linked to lowering cholesterol and fat), is high in vitamin C and potassium and is free of fat and sodium.

It's rich in natural galacturonic acid, which adds to its potency as a fat and cholesterol fighter. The additional benefit here is assistance in the battle against atherosclerosis (hardening of the arteries) and the development of heart disease. Try sprinkling it with cinnamon rather than sugar to take away some of the tart taste.

4. Mustard

Try the hot, spicy kind you find in Asian import stores, specialty shops and exotic groceries. Dr. Jaya Henry of Oxford Polytechnic Institute in England, found that the amount of hot mustard normally called for in Mexican, Indian and Asian recipes, about one teaspoon, temporarily speeds up the metabolism, just as caffeine and the drug ephedrine do.

“But mustard is natural and totally safe,” Henry says. “It can be used every day, and it really works. I was shocked to discover it can speed up the metabolism by as much as 20 to 25 percent for several hours.” This can result in the body burning an extra 45 calories for every 700 consumed, Dr. Henry says.

5. Soups

Soup is good for you! Maybe not the canned varieties from the store – but old-fashioned, homemade soup promotes weight loss. A study by Dr. John Foreyt of Baylor College of Medicine in Houston, Texas, found that dieters who ate a bowl of soup before lunch and dinner lost more weight than dieters who didn't. In fact, the more soup they ate, the more weight they lost. And soup eaters tend to keep the weight off longer.

Naturally, the type of soup you eat makes a difference. Cream soups or those made of beef or pork are not your best bets. But here's a great recipe:

Slice three large onions, three carrots, four stalks of celery, one zucchini and one yellow squash. Place in a kettle. Add three cans crushed tomatoes, two packets low-sodium chicken bouillon, three cans water and one cup white wine (optional). Add tarragon, basil, oregano, thyme and garlic powder. Boil, then simmer for an hour. Serves six.

6. Spinach

Popeye really knew what he was talking about, according to Dr. Richard Shekelle, an epidemiologist at the University of Texas. Spinach has the ability to lower cholesterol, rev up the metabolism and burn away fat. Rich in iron, beta carotene and vitamins C and E, it supplies most of the nutrients you need.

7. Tofu

You just can't say enough about this health food from Asia. Also called soybean curd, it's basically tasteless, so any spice or flavoring you add blends with it nicely. A 2½ " square has 86 calories and nine grams of protein. (Experts suggest an intake of about 40 grams per day.) Tofu contains calcium and iron, almost no sodium and not a bit of saturated fat. It makes

your metabolism run on high and even lowers cholesterol. With different varieties available, the firmer tofus are good for stir-frying or adding to soups and sauces while the softer ones are good for mashing, chopping and adding to salads.

These are just 7 fat burning foods mentioned in this report. You can learn about 110 fat fighting foods in this report – [110 Fat Fighting Foods to Lose Weight](#)

Popular Weight Loss Resources

These If you are frustrated with products and diets which promise much but you are still unable to lose weight then here are some proven and popular weight loss products that should help you. Read on...

1. [Fat Loss 4 Idiots](#): This report reveals many truths behind diets. Low fat foods and low carb diets do not work for weight loss. In fact, low carb diets can slow down your body's fat burning engine and hence be more harmful for losing weight.

The system mentioned in this e-book can show you how to begin losing fat within 11 days without any crazy diets. It can be done by developing a proper eating system.

Did you know that every time you eat something there are 2 types of hormones released into your bloodstream, and together they control Fat Burning and Fat Storage. The food you eat can affect these fat burning hormones.

Using a technique called '**Calorie Shifting**', you can confuse your body to burn fat faster. This book has got very positive reviews from many persons who have tried it, and has become very high selling book. Learn how anyone can do this here – [Fat Loss 4 Idiots](#)

2. [Burn The Fat, Feed The Muscle](#): This is another good resource which contains a lot of facts about fat loss and muscle building (it's a 337 page ebook with lots of information). Since this is an e-book, it can be downloaded instantly on your computer from anywhere in the world and you can start reading it in minutes.

If you want to equip yourself with better and accurate knowledge, then this ebook might be for you. Even though "Burn The Fat Feed The Muscle" book might look like a book for body building, it is actually mostly about reducing your fat and weight with a better diet. The methods mentioned can work for both men and women.

This ebook is by Tom Venuto. He is a leading bodybuilder and fitness expert with more than 20 years experience in the field of fitness. He has served as fitness consultant in a variety of health clubs. You may have seen his photos in magazines and on internet.

He has written over 190 articles on weight loss and fitness and has featured on many prominent websites on internet like Bodybuilding.com, Female Muscle.com, About.com, Lee Labrada's Lean Body Coaching Club, Will Brink's Muscle Building Nutrition.com, Global Health & Fitness.com, A to Z Fitness.com and many others.

He was also interviewed on Dateline NBC's "Ultimate Weight Loss Challenge" series. Since he is a widely acknowledged expert in this field and his ebook became very famous on internet, you too might benefit greatly by reading it if you are serious minded about weight loss. Check out his ebook here – [Burn the Fat, Feed the Muscle](#).

3. [Secrets to Seven Second Abs: Get Rock Solid Waist and Tight Abs With Just a 7 Second Exercise](#) - This is what this ebook promises, though I haven't checked out the results of this ebook and cannot guarantee its claims. But since the price of this report is less, you might give it a try if you would like to.

If you want to lose 3 inches off your waist and develop tight, hard abs by doing easy 7 second exercise, you can check out this ebook – [7 Second Abs](#)

4. [Get Fit While You Sit](#): This report is for those people whose work involves sitting for long periods of time – like software professionals or other people with sedentary life-style. This ebook presents you with 36 easy exercises you can do while sitting, so that you remain in tip-top shape.

The ebook is written by Jeff Ball who is an ACE certified personal trainer and fitness instructor for over 15 years.

The exercises mentioned here are for people who are either busy or plain lazy to do any hard workouts but still want to maintain a fit body.

Women's exercises are designed to slim down hips, tone arms, flatten tummy, thin thighs etc. Men's exercises can help to sculpt the test, tone up arms, trim down love handles, zap away job stress etc.

So to get in shape the lazy way, try this ebook: [Get Fit While You Sit](#)

The best weight loss product from the above mentioned ones seems to be fat loss4 idiots program, according to people who have tried it. 'Burn the Fat' seems to be second popular choice among people.