

“Fat-Burning Food-List!”

Top 15 Fat-Burning Foods

The best method to achieve weight loss goals is by eating healthy. Natural fat burning foods are safer compared to weight loss pills, since there are no artificial chemical additives. The following are top 15 fat burning foods, which have been scientifically and clinically proven;

1. Quinoa

Quinoa is rich in fiber and protein, which keeps you full throughout the day. This prevents you from eating large amount of calorie foods. Also, quinoa has a Low Glycemic Index (LGI), ensuring you will not crave for sugary foods. This helps in ensuring your appetite stays steady. Quinoa is known to have high indigestible fiber content, which helps you stay full throughout.

2. Oatmeal

Oatmeal is responsible for increasing metabolic reactions. It is also rich in indigestible fiber, and low fat content. When the body attempts to digest the fiber, it goes past the ileum until it is egested. In addition, there are no energy synthesizing carbohydrates in oatmeal like in bread and pasta. Therefore, your body will not synthesis excess fats that can be stored.

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3. Low Fat Dairy Products

For the purposes of staying fit, eat low fat dairy products. For instance, skim milk is quite beneficial especially after weight training because it contains body muscle building proteins. Muscle building implies high metabolism, hence fat burning.

4. Legumes, Beans, and Lentiles

According to nutrition studies, legumes, beans, and lentiles help in reducing the waist size. This is because they are rich in fiber content. Consuming a relatively smaller amount of beans make you feel full. In addition, fat burning is actually more than fat intake while consuming these foods.

5. Lean Meat

According to studies, proteins are among the best foods in reducing weight and stop cravings for some foods such as snacks. Lean meat is rich in this nutrient that fights off cravings, and help shed off several pounds. It is advisable to go for chicken breasts or turkey without the skin, other than going for the dark meat that is rich in fats. Otherwise, you can go for extra lean beef steak.

6. Chia Seeds

It is worth noting that Chia seeds contain omega-3 fatty acids. This is responsible for increasing insulin sensitivity in the body. It helps reduce storage of fats synthesized from carbohydrates, and enhance consistent fat burning. In short, these fatty acids increase cell metabolism.

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7. Hot Pepper

Hot peppers are one of the best fat burners among the natural foods. The hot component of pepper (capsaicin) is quite essential in fat burning during digestion process. It also heats up the body, increasing cells metabolism. Adding sauce containing hot pepper in foods increases metabolism rate.

8. Grapefruit

This is another natural diet, which is popular among people who are putting effort to lose weight. It is very rich in soluble fiber, and low calorie content. This is the interesting property of grapefruit that discourages eating large amount of food.

9. Fish-Tuna and Wild Salmon

Tuna and Wild Salmon fish contain polyunsaturated fatty acids (PUFA's). They are weight loss stimulators when consumed. Making fish regular component in your daily diet ensures you will not gain fats. Also, they are rich in protein nutrient that boost muscle building.

10. Egg Whites

Egg whites contain a ton of protein, but no fat content at all. This makes it one of the best diets for body builders. It is quite essential after workouts, since it will help in building your muscles and nothing will be stored under the skin. Interestingly, excess proteins are never stored in the body. They are simply digested and excreted, reducing any negative effect.

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11. Brown Rice

Brown rice is healthier than white rice because it is a way of getting rid of energy reserves. Eating brown rice is one of the low calorie nutritional plans, which can help lose several pounds efficiently.

12. Cinnamon

Cinnamon is one of the fat burning foods, which work efficiently. It helps in losing several pounds, without putting much effort. You only need to add a teaspoon of cinnamon and another teaspoon of natural honey in hot water. This enhances metabolism, increasing rate of utilization of glucose in the body.

13. Berries

Berries control body weight due to its high fiber content. According to the studies, consuming 1 gram of berry, you will have eliminated about 7 calories. Making berries part of your regular diet can help you shed several pounds.

14. Almonds and Nuts

Nuts are very efficient when it comes to weight loss. According to studies, consuming nuts & almonds prevent weight gain. For those who consume dry-roasted slated almonds does not gain weight. This has been scientifically proven.

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15. Avocado

Lastly, avocado contains monounsaturated fatty acids (MUFA's), which have several health benefits. For instance, avocado helps in maintaining optimal levels of cholesterol. Avocado makes you feel full as compared to other foods, preventing you from eating large amount of food. It also fights off cravings for food.

END.

Sincerely,

"FITNESS 4 YOU!"