

100 Negative Calorie Foods

The remedy for positive weight loss is "negative foods". Why?? You gain weight when your calorie intake is more than your calorie outtake. When the calorie equation is reversed, it results in a "negative calorie" balance in your body by utilizing more calories than you take in, resulting in a decrease of body fat and weight loss. Only about 10% of daily caloric intake is used to process foods in the body. You can expend more by doing physical activities. For 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! But, 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! The wonderful part about this is that these approximately 100 foods are all found in nature and you eat as much as you wish without counting calories. You can eat your way slim and never go hungry with this safe, all natural approach to weight loss.

About the Author

Aims to improve nutrition and dietary life style and advancing the knowledge of health and nutrition science.

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