

## Negative Calorie Foods are a Joke for Weight Loss! A Scam! A Lie!

There is no doubt diet is the key to weight loss. But there is no such thing as a negative calorie food. If you eat too many calories, you will gain fat. If you eat a healthy diet of fruits, vegetables, protein, nuts, and healthy fats, you will look great, lose weight, and have an abundance of energy. And let me say that again: There is no such thing as a negative calorie food. You might have heard of "so-called" negative calorie foods. Well, these foods don't have magical properties. Foods contain calories. You don't burn more calories by eating food. It just doesn't happen that way. To achieve weight loss, you must eat fewer calories than you need. Add strength and interval training to your diet, and you'll lose fat and sculpt your body. If you eat too many calories, from any food source, you won't lose fat. This statement is false: "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." Here's a list of so-called negative calorie foods: Asparagus, broccoli, beets, cabbage, cauliflower, celery, cucumber, carrot, garlic, papaya, spinach, turnip, zucchini, apples, oranges, lettuce, grapefruit, pineapples, strawberries, and raspberries. All of these are great foods and should be included in your weight loss nutrition diet plan. However, they don't burn more calories than they contain. If they did, how would we have 800-pound gorillas? They eat bananas and other vegetation, but still manage to grow from the calories in these foods. Do you see how ridiculous this "negative calorie" food claim is yet? Here's another example. Let's say you were stranded on a deserted island. And all you had to eat were apples. But since apples are a negative calorie food, you would actually waste away faster by eating apples, than if you didn't eat anything at all! Now does that make any sense? Of course not. You can't starve to death by eating apples. And nor can you burn fat by eating apples. There are no magical calorie-burning, fat burning foods. There is no such thing as a negative calorie food. The bottom line: Eat these foods because they provide you with nutrients, fiber, and an appetite suppressing effect. Don't eat them because you think they are burning fat. And don't start thinking that eating an apple will cancel out that piece of chocolate you just had. It doesn't work that way.

### About the Author

Vitamin information on the role of vitamins and minerals in building muscle. Vitamin.

Source: <http://www.productsherbal.com>