

## Negative Calories Diet - Is It Possible To Have Foods That Burn Calories

Negative calorie foods are foods that use more calories in the digestion process than are actually in the foods themselves. This results in the body burning more calories than you take in when you eat, which of course is essential for weight loss. The body has to work harder to get the calories from the food and this gives them an excellent fat-burning advantage over many other types of food that you regularly eat. In fact the more of these foods you eat, the more weight you will lose. The secret is to fill up on as many of these foods during the day and eat a well - balanced meal for your evening meal. Some examples of negative calorie foods are vegetables such as asparagus, beet, broccoli, cabbage, carrots, lettuce, celery, onions and cucumber. There are also fruits that contain negative calories such as apples, oranges, pineapple, cranberries, grapefruit, lemons, and tangerines. If you do not like these vegetables and fruits why not try them in combination with a healthy food that you do like or try them in a juice. Using these foods as snacks throughout the day and as alternatives to desserts high in calories, you can eat the foods you enjoy at your regular meals and still maintain your normal weight. Eating more of these foods to supplement your weight loss diet and your fitness workout, will help you achieve the weight loss you desire.

### About the Author

Compare the best diet plans and weight loss programs out there, including eDiets, Sonoma, Denise Austin Fit Forever and the 3 Hour Diet meal replacement.

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