

Food That Burn Fat - Exposed

With so much hype surrounding so called "Fat Burning Food", it's difficult to know what to believe, there are just too many people who stand to make money by convincing us that a particular item really will help us lose weight. From those promoting the latest "Fat Burning Pill" to the latest "Food That Burn Fat", the diet industry and many a company has fallen foul of the US Food and Drug Administration for their aggregated claims. Below is a list of some of the most talked about food and how it may help you lose weight.

Grapefruit Not just speculation, researchers suggest that drinking as little as a glass of grapefruit juice with each meal or eating half of a grapefruit a day can result in weight loss. The three month "Grapefruit Diet" study by the Nutrition and Metabolic Research Center at Scripps Clinic monitored metabolic factors (e.g. insulin secretion, etc) and weight of 200 individuals (half men, half women). Participants in the study lost an average of 3.3 pounds (1.5Kg), compared with those who consumed no grapefruit who only lost an average of half a pound (226 grams).

Spicy Foods Spicy Food are much discussed as "Fat Burning Food" (particularly these containing cayenne peppers or mustard). Spicy foods, it is said, aid weight loss by temporarily increasing the metabolism (increased metabolism means less calories converted to fat). In addition however, the "extra kick" of spicy foods often make for a more enjoyable meal, leaving you feeling more satisfied with smaller portions.

Green Tea Everyone seems to be writing about "Green Tea Weight Loss", however with so many people having a vested interest in this product, there are many greatly aggregated claims floating about. Green Tea is undoubtedly a great product however as a fat burning food, there is little direct (and truly independent) scientific backing for this use and I for one remain very sceptical. I am in no way a weight loss expert, however, many people suggest that any weight loss is more likely due to the increase in metabolism and the fact that drinking many cups of tea leaves you less room for unhealthy snacks!

Water Water is essential to our bodies and every part of us requires water to function properly. Being properly hydrated allows the chemical processes involved in metabolism to occur efficiently and there is evidence to suggest that being properly hydrated can make your metabolism burn calories up to 3% faster. Drinking plenty of water should be an important part of your weight loss goal. Thirst and hunger sensations go hand in hand and even if you are slightly dehydrated your body may mislead you into thinking you are hungry! Water is a natural, safe and free and by preventing overeating can benefit weight loss.

Vegetables Cooked vegetables are a perfect food for weight control. They are usually low in calories and rich in dietary fiber. Parsnips for instance are a great source of fiber (making you feel full) and their sweet taste helps alleviate hunger pangs. A vegetable soup is a delicious, filling, healthy, and low cost meal. Why not make a big pot of soup and freeze in meal size portions for those times you end up working late and just want a quick, tasty meal without the hassle (and virtually no washing up!) Having a selection of vegetables to "bulk up" your main meals not only leaves you feeling as though you have had a satisfying meal, but for large families will help reduce your food budget in a way that is actually beneficial to you and your family.

Fruit Sweet cravings are the downfall of many peoples diet attempts and therefore fruit is often the most popular and nutritious way so banish those cravings once and for all. If you, like me, end up eating lots of little snacks just out of habit rather than because you are really hungry, fruit is an ideal choice. Have some of your favourite fruit rather than that bag of potato chips!. Fruit can help aid weight loss because fruit is a delicious and filling alternative to the unhealthy food and snacks most of us get into the habit of eating. This is certainly not a complete list, but should be a good starting point in your quest for so called "Fat Burning Food".

About the Author

Weight loss, weight gain, sports nutrition, body building, diabetes and renal failure diets, free low fat recipes, weight loss tips, a free news letter.

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