

## Negative Calorie Foods & Weight Loss

You gain weight when your calorie intake is more than your calorie expenditure. But if this calorie equation is reversed, then it results in "negative calorie" balance in your body. In this negative calorie case, you expend more calories than you take in, resulting in a decrease in the stored calories in the form of body fat, and you experience a weight loss. About 10% of daily caloric intake is used to process foods in the body. You can expend more by doing physical activities. 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. The extra calories are taken up from the stored fat in the body. Thus the negative calorie foods (may also be called as minus calorie foods or fat burning foods) are ideal for reducing the body fat and for losing weight. Let us take an 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! So 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! These foods are widely available in nature. Some of the foods from the list of negative calorie foods (about 100 in number) are: asparagus, broccoli, beets, cabbage, cauliflower, celery, cucumber, carrot, garlic, papaya, spinach, turnip, zucchini, apples, oranges, lettuce, grapefruit, pineapples, strawberries, and raspberries. It is a great idea to eat these negative calorie food items to your full satisfaction without counting calories. Include these foods in your daily diet and plan your diet according to food pyramid. You will be amazed to see the fast weight loss results.

## 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>