

Ten Foods That Help With Weight Loss

By Zara Buckley

As many people become interested in detoxing their bodies as a part of their efforts to lose weight, I have put together a list of foods that will keep your body nourished while keeping the weight off. It's a drag when you are attempting to lose weight and are confronted with lists of foods that you are not allowed to eat. Especially when the lists seem to include the world's tastiest foods.

While the basic plan of a good weight loss diet is to limit our kilojoule intake, some foods actually help our bodies to break down fatty deposits.

LEAN PORK, OR SKINLESS CHICKEN OR TURKEY

Recent scientific research has revealed that an increase in your intake of lean protein could assist you in burning five percent more kilo joules per day. A big advantage of taking in protein from lean meat is that it makes you feel full.

CAYENNE PEPPER AND CHILLI

There is a statistical correlation between eating spicy food and low consumption of carbs and kilo joules. Apparently, spicy foods speed up our heart rate and boost our metabolism. So add some spices to your pork, chicken and turkey.

TURMERIC

Turmeric is responsible for the yellow color in Indian curries and in mustard. Some scientists have been looking at the effect of turmeric on animals. They have found that it lowers cholesterol, fatty acid and blood glucose as well as inhibiting the spread of fat.

These findings haven't been verified on human subjects yet, but there's no harm in including turmeric in your evening meal occasionally.

GARLIC AND GINGER

Before we leave the subject of evening meals, let's look at the benefits of adding garlic and ginger to stir fries or curries. Garlic and ginger boost our body heat and expand our blood vessels. There is some evidence to suggest that they help to speed up our metabolism.

LOW FAT CHEESE, MILK OR YOGURT

A healthy daily calcium intake will help you in your efforts to lose weight. Researchers say that it looks like calcium assists in the breaking down of fat cells.

CITRUS FRUITS AND BERRIES

Flavones are compounds found in cereals and herbs. An increasing number of people are taking supplements containing flavones to help fight atherosclerosis, osteoporosis and diabetes mellitus. Flavones also help

dilute fats and increase metabolism. You don't need to take supplements to take advantage of the benefits of flavones as they occur in foods containing vitamin C. Studies have found that a diet high in flavones can have a long-term effect of reducing body fat. So, try to include a smoothie or a citrus juice before you exercise to help burn fat, but make fruits and berries part of your daily diet to help keep the weight off as you grow older.

LENTILS, SOY BEANS AND CHICK PEAS

Stir fries, soups and curries are tasty dishes which can include these foods that contain both carbohydrates and protein. Soybeans, legumes and lentils have a low glycaemic index, are low in fat and high in fibre content. Also there are certain elements contained in soybeans that help the body to clear fat from your liver.

FLAXSEED, AVOCADO AND NUTS

Nothing is simpler than eating a handful of nuts whenever you feel peckish. And it helps to reduce body fat. Fats that are found in plants help

our bodies to burn fat so in addition to eating nuts, you could benefit by adding flax seed to yogurt or cereal and having the odd avocado sandwich for lunch.

FISH

You don't need to cook it, just buy tins of salmon and have it on sandwiches. There is a hormone called leptin which has a role slowing down our metabolism and encouraging weight gain. A regular intake of fish will help keep your leptin level down.

OATS, WHOLEGRAIN CEREAL AND SWEET POTATOES

These foods have a low glycaemic index and high levels of soluble fibre.

So, eating these foods will keep that full feeling for longer periods of time.

A bowl of porridge in the morning will be a good start and you can add sweet potatoes to the evening meal. And for lunch, replace white bread with wholegrain.

CINNAMON

Adding a quarter of a teaspoon to yogurt or a smoothie will increase your sugar metabolism, encourage your body to store less fat and lower your blood sugar level.

You will find more information on [fasting for weight loss](#) and other healthy-eating type subjects in the [weight loss detox](#) pages at naturalbodydetoxfacts.com