

Lose Weight Quickly With The Following List Of Fat Burning Foods

The negative calories and catabolic properties in fat burning foods are very powerful and minimize the energy required for digestion when combined correctly. Cellulose found in natural plant foods burns fat while the organism digests it and is low in calories. Keep reading to see which foods are the most efficient fat burners.

* Metabolism is increased with fat burning foods and is essentially the speed at which our body's motor is running. The speed at which our body burns calories is called the metabolic rate. Metabolic activities accumulate fat in the body and they are also capable of burning the fat accumulated.

* Oatmeal is definitely one of the leading food contributors to weight loss. Ideally, it should be eaten plain, with no salt and sugar added. Oatmeal is among the best when it comes to healthy carbohydrates and "quality" calories. Due to its high fiber content and high levels of certain antioxidants it can be considered a fat burning food.

* Olive oil - extra virgin olive oil is more expensive but worth it for the benefits of being a mono-unsaturated fat. It lowers cholesterol and provides fat for vitamin absorption and hormone synthesis. This good fat should be in every kitchen cupboard and will help with any weight loss program.

* Fiber is important for fighting obesity although the daily amount is not set in stone. Fibers are very satisfying and will give you a full feeling in your stomach. Some of the top quality fibers are spinach, kale, asparagus, zucchini, carrots, green peppers, brussel sprouts, lettuce and tomatoes. These are at the top of the list of fat burning foods.

* Protein provides a powerhouse of energy for the body and also boosts your metabolism. Plus, it builds and repairs your muscles and bones on a daily basis. Protein is a very important part of everyone's diet, and they require the greatest amount of energy to break down. It is important to choose the best sources of protein such as meat, poultry and fish which provide an average of 25 to 35 grams of protein for every 4 ounce portion.

* Essential fat is important for proper functioning of the nervous system and needed by our body's hormones for proper functioning of our immune system. Essential fat will be stored in the heart, liver, lungs, bone marrow, kidney and other organs of the body. Healthy fats include avocado, almonds, cashews, canola oil, flaxseed oil, extra virgin olive oil, Udo's choice essential oil blend and walnuts.

Weight loss is a huge multi-million dollar business and diet pill companies just want your money and don't really care about your health with drugs full of side effects. You can lose weight naturally combining the list of fat burning foods into each meal several times a day. You won't feel hungry and you'll have much more energy to perform calorie burning exercise for better health.

About the Author

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