

Negative Calorie Diet Food

In reality there is no such thing as a negative calorie food because all foods contain calories! According to the theory- Negative calorie foods are foods, which use more calories to digest than the calories the foods actually contain!

This arises because calories from these foods are much harder for the body to breakdown and process. In other words, it takes more effort for the body to burn these foods than it does contain calories

This gives these foods a tremendous natural fat-burning advantage.

For instance a piece of cake consisting of 400 calories may require only 130 calories to be digested by our body, resulting in a net gain of 270 calories which is added to our body fat!

But according to this theory, if you ingested a negative calorie food that has a calorie intake of 200 calories, yet it required 250 calories to digest then you would be burning 50 more calories than you ingested!

This theory is flawed because it assumes that you will have the time to select foods that have negative calorie content and that you will be able to follow this approach for the rest of your life- which is not practical or sound! Your body needs nutrients, these negative calorie foods usually contain lots of fiber but very little protein, fats

and essential nutrients needed by the body!

Another thing that I have against it is that to have seen any visible or noticeable effects, you will need to consume a lot of negative calorie foods, seeing that a pound of fat is 3500 calories; you will need to eat lots of negative calorie foods to get to 3500 calories!

It is just not practical!

Next, there is no mention of exercise, yet a high intensity body building workout combined with a high intensity cardio program could have you burn 700 calories in an hour! Which is faster than eating negative calorie foods, plus it will add tone and muscle on your body!

The best way to incorporate this negative calorie diet theory to your workout or diet program is to use a high protein / high negative calorie diet!

In other words reduce starchy carbohydrate intake in your diet and replace it with negative calorie foods, this way you will get all the protein and nutrients you need and you might be bale to consume enough negative calorie foods to burn those stubborn pounds away!

Below you will find a list of native calorie foods-that you can use yourself to lose weight:

- asparagus
- beet
- broccol
- green cabbage
- carrot
- cauliflower
- celeri root
- celeri chicory
- chili peppers
- cucumber
- papaya
- endive
- garden cress
- garlic
- gren beans
- zucchini
- apple
- cranberries

- grapefruit
- lemon mango
- orange
- pineapple raspberries
- strawberries
- tangerine
- onion
- lamb's lettuce
- papaya
- spinach
- radishes
- turnip

Written by Patrick Beufay

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Burn Fat Fast
Patrick Beufay

About the Author

From Patrick Beufay, author name: Patou

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