

## Eat To Lose Weight! - Secret techniques of the negative calorie diet

Don't think diet, just eat and lose weight!

The most important objective of any diet is to provide the body with all the essential nutrients for a long and healthful life.

Whether you're trying to lose weight or just want to eat healthier, you may be confused by the news you're hearing about negative calorie diet. 'negative calorie' doesn't mean that the food has zero calories in it. As a result, many people misunderstand the role that good calories play in a healthy diet.

10% of your daily caloric intake is used to process foods in your body. You don't have to starve yourself – you just have to choose the right foods, make exercise a part of your lifestyle and to have a positive attitude. Don't confuse WEIGHT loss with FAT loss!

You can basically eat these items in any quantity you want. This diet focuses on eating foods that contain less calories than it takes the body to burn the food source.

So these "negative" calorie foods are foods that take more calories to digest than actual calories in the item of food.

You can eat good tasting nutritious snacks, entrees, desserts, pickles, soups, salads, sauces, etc. with "negative calorie" ingredients without worrying about calories! This simply means that once ingested these "negative calorie" foods provide for enzyme production in quantities sufficient to break down not only its own host calories, but possibly additional calories present in digestion as well. The concept is that if you just eat foods that take more calories to burn than they take in, you will lose weight. For example, an apple that has 65 calories may take 100 calories to digest, which leaves you with a net loss of 35 calories from your body fat.

Here is a brief list of negative calorie foods. Some of these natural foods are asparagus, apple, beet, berries, broccoli, cabbage - green, carrot, cauliflower, celeriac (celery root celery chicory celery, Chile peppers (hot), dandelion, endive, garden cress garlic, lettuce, radishes, grapefruit, lemon, mango, onion, orange, papaya, pineapple, spinach, strawberries, turnip, zucchini, tangerine etc. Challenge yourself to eat at least five servings of fruits and vegetables each day.

Avoid refined carbohydrates, such as white bread and white sugar. Keeps your blood sugar levels steady, reduces stress on your digestive system. Choose fruits, vegetables or whole-grain products.

Your body has to expend energy in order to digest and absorb foods. Your results will come in direct proportion to the amount of effort you put in. Negative calorie diet, exercise and positive attitude are the only things you need to lose fat permanently. It is really true, eat to lose weight! And Think Like a Winner!

Please note the above is intended for your reference only. While the information is based on material provided by various researchers, it does not presume to give medical advice. Please check with your doctor before starting any diet.

### About the Author

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