

How to lose weight rapidly foods-The foods you must eat in order to lose weight.

Hey look it's easy to buy , prepare and eat the right food but is so much harder to say no to the wrong food, it's the way the brain works when it is told you cannot have something it craves it, but you cannot let it get the better of you, so before you even consider food think first about mindset, eating the right foods to lose weight rapidly takes stamina, determination and self discipline.

To eat right in order to lose weight rapidly you need to cut as much fat as possible from your diet, cut down your calories by reducing the amount of food you eat, a fantastic way of doing this is to follow a negative calorie diet, try to cut out as much processed food as possible.

The best foods to eat to lose weight rapidly are lean meats,fruit, vegetables, pasta, brown rice,potatoes.

As for drinks get rid of alcohol and soda, ideally you should live on water or if you need flavouring drink fruit juices, also skimmed milk , tea or coffee but no sugar use artificial sweetener if you must.

You should know that if you want to lose 1 lb of weight you need to lose 3500 calories, this should give you an idea of how many calories you have to lose, you can achieve this by following the correct diet, the type of food that you eat plays an important role in reducing your your weight rapidly, but do not cut out to much food or try starving yourself this will make you very weak and may also have other side affects.

Also try to exercise as much as you can this will help speed up the weight loss as well as tone up the body, this part is as important as the diet, a good fitness program is an essential part of losing weight and put together with a good diet will help you lose weight rapidly but you must STICK TO IT.

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About the Author

Graham Scarisbrick has been a fitness instructor in the uk for over fifteen years and knows all there is to know about fitness.

Source: <http://www.articletrader.com>