

# Popular Foods That Help You Lose Weight

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Weight Loss Foods

**Science has shown that all calories are not equal. The truth is that there is truly a difference between calories. The better way of think of it is that are foods that help you lose weight and those that don't.**

([Newsire.net](#) -- November 1, 2013) -- Empty calories are never good, even though they may temporarily kill the hunger or cravings you are experiencing. What are some of the best foods for weight loss?

**Hot peppers** – There are several reported benefits to eating hot peppers to reduce weight. They include: booting metabolism, suppressing your appetite, increasing energy and alertness, improving digestion, regulate carbohydrate digestion, burn fats, improve stamina, fight free radicals, supplies Vitamins A and C, and reduces binging.

**Omega 3 fatty acids** - Scientists believe that omega-3 oil improves blood flow to muscles during exercise, and that the compound helps stimulate enzymes that transport fat to where it can be stored for energy. **Grass fed beef** – This type of beef contains Omega 3 fatty acids as well as conjugated linoleic acid or CLA. Ingesting 3.2 grams of CLA per day had a significant effect on fat loss; about one pound over five weeks. This doesn't sound like much, but this is without changing any other lifestyle factors. **Turmeric** is an anti-inflammatory that helps burn fat as well. It may be one of the healthiest inexpensive herbs available. It diminishes the sediment of fat, relaxes the lymphatic return possibly significantly decreasing the level of insulin resistance and leptin resistance.

**Vitamin B** is important while trying to rid fat. Vitamin B3, better known as niacin, if consumed enough to get a flush often with increasing dosages, has been discovered to break open lipids (fats). The danger is getting rid of those toxins as the lipids break open. Those toxins can be eliminated by sweating from exercise dressed warmly or in a warm, humid climate and/or simply sitting in saunas. Vitamin B6 helps the pancreas produce enzymes that aid in digestion. Proper digestion will make one feel full longer, thus resulting in weight loss. Vitamin B5 also aids in digestion and helps break down fat and carbohydrates, thus giving more energy and boosting one's metabolism, which also helps in weight loss. Vitamin B2 aids in weight loss by releasing the unused energy in the body and preventing unused energy from turning into fat.

**Optimize Iodine levels** – Low iodine levels can cause sluggish metabolism. You can either have your iodine levels tested by your doctor or use a simple at home test. Paint a small patch of old fashioned iodine on your wrist. If it disappears quickly you may benefit from supplementation. Use extreme caution doing this test if you have an overactive thyroid.

**Cut out grains** – Wheat is the most common problem, but any grains can cause what is commonly known as [wheat belly](#). This is an accumulation of fat in the midriff because of intolerance to the grains.

**Cinnamon** – Speeds up metabolism and stabilizes blood sugar. Is also an antioxidant, an anti-inflammatory, anti-fungal, and antimicrobial.

**Cardamom** - Cardamom is another spice similar to cinnamon. They both go well with coffee or tea. It's best to buy fresh whole organic cardamom seeds and grind them into a fine powder as used.

[Garlic](#) – Breaks up fat

Onions – Also break up fat.

Optimize Calcium levels – if you are extremely low on calcium supplementing with calcium and a Vitamin D supplement at the same time may facilitate fat loss.

Garcinia Cambogia – Also known as HCA, is thought to inhibit these enzymes from storing carbs as fat, allowing them to be burned off. In addition to helping burn off calories, the supplement also has the secondary weight loss benefit of suppressing appetite. Certain supplements that contain HCA extract could be problematic, as one common brand was recalled in 2009 after the FDA issued a safety warning following 23 reports of liver problems, seizures and cardiovascular problems, including one death.

Almonds – Ounce for ounce almonds contain the same amount of protein as lean meat. They also contain large amounts of fiber, vitamin E and oleic acid. Oleic acid has been shown to reduce cholesterol levels.

As you can see, there are many foods and supplements that can increase weight loss. The key is substituting them for less healthy alternatives. True weight loss and increased health are the accumulation of small changes. Any one of them by themselves won't make much difference. Together they can be life changers.

Source: <http://www.enrichgifts.com/Foods-For-Weight-Loss-s/817.htm>

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