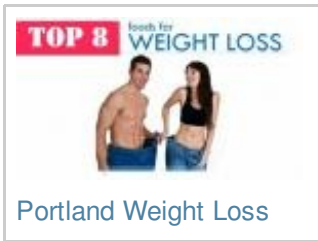


Great Foods for Weight Loss

Jan Johansen November 07, 2013



A significant and important part of losing weight is controlling the number of calories that you consume. However, good weight loss foods are not merely those which are low in calories.

(Newswire.net -- November 7, 2013) Portland, OR -- There are also foods which can kick start your metabolism, or help you to control your cravings by satiating your hunger for longer. Here are eight of the best foods to add into your diet if you are trying to lose

weight.

Beans

Beans are a great, low calorie way of adding protein into your diet. Their high fiber content makes them slower to digest than other forms of protein, which helps to keep you feeling fuller and satisfied for longer. In short, beans can prevent you sabotaging your diet through hunger.

Nuts

Nuts such as almonds, pecans and walnuts are packed full of antioxidants and health boosting vitamins. But importantly, studies have shown that people who snack on nuts eat smaller portion sizes at meal times, making them good weight loss foods.

Dark Chocolate

Many chocolate lovers will have heard that dark chocolate is good for people on a diet. This is partly because dark chocolate has health benefits, providing it is eaten in sensible quantities. But scientific studies have also shown that it may reduce hunger too. Participants who snacked on dark chocolate, rather than milk or white, consumed over 15 percent less at their next meal.

Soup

Having a soup starter before your main meal can significantly reduce the overall calories that you consume. This is because soup is very satisfying and fills you up, but tends to be low in calories. However, cream based soups should be avoided due to their high calorie and fat content.

Pureed Vegetables

Parents have long been hiding pureed vegetables in their children's food, but now scientists think that dieters should be doing the same to their own meals. Adding pureed vegetables into dishes such as mac and cheese was found to reduce the amount study participants ate by up to 400 calories. It is believed that the added fiber led to them feeling fuller faster.

Eggs

Starting your day with an egg may reduce the amount of food that you consume for the rest of the day. A high protein breakfast, (around 35 grams), will stop many people snacking between breakfast and lunch. Studies suggest that people are also more likely to make healthier food choices throughout the rest of the day.

Grapefruit

Grapefruit - either whole or in juice form - can help to kick start the metabolism. It was found that people who ate half a grapefruit prior to their breakfast and lunch dropped 3 pounds more, over the course of three months, than people who didn't.

Yogurt

Harvard conducted an extensive ten year study into the eating habits of people, and the effect on their waistline. Of all of the foods, yogurt was found to have the biggest impact on the amount of weight which was lost.

Incorporating good weight loss foods into your daily diet can greatly enhance your efforts when it comes to shedding excess pounds.

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