

## The Best Fat Fighting Foods

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**Water:** To maintain a healthy lifestyle and lose weight, it is very important to drink adequate quantity of water (at least 8 - 12 glasses or 2 - 3 litres). Water is the best natural source to burn calories and cleanse our body, it plays a very important role in detoxifying our body, which in turn helps lose weight.

**Green Tea:** Green tea is rich in catechins. It performs anti-oxidant functions, improves metabolism. It boosts metabolism, hence helps in burning calories specially helps reduce abdominal fat.

**Green Coffee:** It contains a compound known as chlorogenic acid, this compound has anti-oxidant effects, helps in improving metabolism, boosts energy, burns fat. Promotes weight loss.

**Vinegar:** Helps in weight loss, reduces fat in our body, lowers cholesterol level, losing belly fat becomes easy. And also make sure to use a fruit vinegar like apple cider vinegar (tip: 2 spoons of apple cider vinegar in one glass of lukewarm water). Don't use synthetic vinegar as far as possible as it has adverse side effects with respect to our health.

**Watermelon:** «It has no fat» and very low calories watermelon is also considered as minus calories as it has low calories, its own calories and a few more calories are burnt in the process of eating and digesting. As it's a water rich fruit keeps us fresh and hydrated. Promotes weight loss.

**Pears and Apple:** These fruits are rich in fiber. Including good amount of fiber in our body makes us feel full for a longer time, and has many other health benefits which helps in lose weight. Pears and apple/any fruit is best had before meal. Pears and apples can a small meal of the day. So, it also avoids eating junk food.

**Grapes and Berries:** Rich in vitamin c, water, anti-oxidants and contain good amount of fiber. As, I have already discussed about these properties above. It helps healthy weight loss and helps to cut down fat. Including these foods in our diet will leave no empty space for junk foods and deep fat fried foods. It is better to consume fruits fresh. Avoid canned and preserved fruits as far as possible. (Make sure to have seasonal fruits in normal conditions).



Figure 1

**Grape Fruit:** 100 grams of grape fruit consists of 31.2 mg of vitamin c (good amount of vitamin c in diet helps lose weight. Consuming at least 40 - 50 grams of grapefruit each day before lunch and dinner, doing this helps fill up tummy to some extent and food consumption gets reduced in that particular meal. It is also a healthy step towards fat fighting/weight loss.



Figure 2

**Raw Vegetables:** Vegetables are low in calories, high in fiber and adequate quantity of vitamins minerals and proteins. Eating a bowl full of vegetables can replace a main meal if one wants to vigorously lose weight. Cooked vegetables are also good for health for micro nutrients are not heat resistant so the micro nutrients will be lost.

**Beans:** These are vegetables with good quantity of protein, fiber and low in calories. Cooked beans are also very good for maintaining good health and lose weight. It has good satiety level; hence we tend to feel full with less quantity of food.

**Sweet Potatoes:** It has good amount of fiber, protein and carbohydrates, and some calories and these and calories are not from fat. It's a very good option as a snack or post workout snack. Helps lose weight may not be directly but a substitute of a snack or a small meal.



Figure 3

**Salad:** I have already discussed about vegetables, mixing a few cut vegetables and adding squeezed lemon and topping with a sauce and pepper will help losing weight to better extent. Having a bowl of salad specially with cucumber and lettuce is very good food to lose weight. If main meals are cut to half of its regular quantity and half is substituted to salad. Some pounds will shed easily.

**Hot Peppers:** (Such as capsicum, jalapeno etc.) help to reduce weight and cut down fat by increasing the metabolic rate. Appetite is also lowered, so the intake of fatty foods gets reduced.

**Nuts:** Nuts are rich in fiber and protein and nuts are also good to maintain health specially heart health and improves good cholesterol level, this is the best part of nuts. But intake should in moderation as nuts are also rich in calories.

**Skim-Milk:** milk is an important food/drink to be consumed regularly. It consists of good amount of protein, calcium and many



Figure 4



Figure 5

vitamins and minerals. Specially in skimmed milk there is no fat found. As it takes a little long time to get digested and more energy is involved in digesting it. Which results in cutting down calories and reduces fat.

**Greek Yogurt:** Nutrients and properties are similar as skim-milk. It contains more protein as compared to milk. It is very important to choose a right type of Greek yogurt. The one which has low calories and there is no added sugar.



Figure 5

**Eggs:** Eggs are considered as "whole food" it contains all the essential amino acid along the macro nutrients and micro nutrients.

It takes longer time and energy to digest an egg. Egg has good satiety level, hence quantity of heavy foods intake gets reduced. Yolk of the egg is rich in calories and cholesterol. Individuals with high bad cholesterol are suggested to avoid the intake of yolk only the white part can be consumed.

**Fish:** Fish is rich in protein and omega fatty acid. Promotes weight loss. Selection of fish is very important make sure to consume omega fatty acid rich fishes and not the high fat content ones. Cooking method also plays an important role choose steamed, grilled or roasting method and not deep or shallow fat fry.

**Lean Meat:** lean meat consists of high proteins especially chicken, it consists of all the macro nutrients and most of the micro nutrients. When u choose a non veg product make sure it is low in fat, not red meat, steamed, and dry cooking methods is fine but not oil fried. Not a very good option for fighting fat. But when dry cooked lean meat with beans and squeezed lemon and onions is a very good option for non-vegetarians to lose weight. I recommend to follow this for a short period of time and not for a longer time as it may cause side effects to our health.



Figure 7

**Soup:** (Broth-based soup not the heavy creamy one). Soup can substitute a whole meal giving very less calories as compared to a regular meal. Al though soup is considered as an appetizer. When only vegetable soup is considered a whole meal. It makes a big difference in calories, helps to lose weight. (e.g. tomato soup, broccoli soup, mixed vegetables soups etc).

**Quinoa:** high in fiber, protein, iron, zinc gives low calories. Very good substitute to rice. It can a main meal. Promote weight loss and is nutritionally balanced giving micro nutrients as well. Easy to cook is an added advantage.



Figure 8

**Oatmeal:** High fiber and low calories is the best combination required to reduce fat content fat from our body. As its very common breakfast, it is surely a best option for breakfast provided no sugar and table salt rock salt can a substitute.

**Tabouli:** It is rich in fiber and protein. Has high satiety level. Curbs appetite. Even little amount of tabouli consumption makes us feel full. Gives low calories. It belongs to the wheat family but performs functions similar to oats. It can be cooked as whole dish by adding vegetables to it.



Figure 9

**Cinnamon:** 1 tspn of cinnamon powder with a glass of Luke warm water is a very good remedy to lose weight. It can be used in green tea or herbal teas to add flavor it speeds up the activity of metabolism. Additional benefits: maintains blood sugar level.

**Air-Popped Pop-Corn:** It is high in fiber. Eating about a cup of pop-corn gives very few calories but takes a long time to eat and there is no space in stomach to eat other high calorie snacks. Resulting in weight loss.



**Figure 9**

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