

## These 7 Fat Burning Foods Will Take Your Fat Loss to the Next Level

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by ThongM.Dao

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The second element is protein. One of the best fat burners, I might add. Protein does not only burn fat, it curbs the hungry feeling in your stomach. So, there you have it. Both fiber and protein are fat burning nutrients.

In order for the body to burn fat faster, we need a metabolism boost. And that's what protein can do quite well. There is one drawback, however. Too much protein adds more weight. Be careful, we want to lose weight, not gain weight.

Check out the following list of fat burning foods. These choices will help you shed the fat off pretty fast.

1. Green tea. Green tea is a great drink, hot or cold. It contains catechins which may help jump start your weight loss. Catechins are helpful phytochemicals which motivate the body to burn calories and decrease body fat.
2. Tomato or broth soups. A bowl of tomato or broth soup is an excellent snack before meals. No grilled cheese sandwich, please.
3. Low-calorie green salads. Having a low-calorie salad which is not loaded with croutons, high fat dressings, and cheese as a first course can help us feel full, thereby reducing how much we eat with our main course. Wisely choose the ingredients, and its high fiber content can be the key to helping us fight cravings later in the day.
4. Low-fat yogurt. Including dairy products as part of a healthy diet may promote our weight loss efforts. Choosing a light yogurt may help fight off hunger pangs due to its combination of protein and carbohydrate.
5. Beans. If you're looking for something that has fiber and protein all in one, I'll give you beans. Plus, they keep the hunger at bay between meals.
6. Water. Water is the body's lifeblood, and we should be drinking it throughout the day. It's a great no-calorie beverage, and we can get it by drinking unsweetened tea, flavored unsweetened mineral water, regular water with lime or lemon, or even in cucumbers.

In addition to helping flush toxins from the body, it can also help us feel full. So when those hunger pangs strike, try drinking a glass of water before grabbing that snack.

7. High-fiber, whole-grain cereal. So many folks say I do not have time for breakfast. If you drink coffee, replace it with a bowl of high-fiber whole-grain cereal. Remember fiber is a fat burning nutrient and whole grains give fiber an additional boost.

I believe the fat burning foods listed above will set you on the right track to an improved appearance and health.

#### More Information

Here you can learn more about how green tea helps lose weight. Fat burning foods are perfect examples of healthy food meals. Free fat loss advice is available at [fat-free-fast.com](http://fat-free-fast.com)