



ARE THERE FOODS THAT FIGHT FAT?

LEARN THE AMAZING FACTS

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HOW YOUR METABOLISM WORKS

If you know someone that has been trying to lose weight and get into shape, you have probably heard words such as, "I just eat one meal a day to lose weight" or "I'm afraid if I eat, I'll gain weight" but sadly, this misnomer is why so many people are in the "battle of the bulge". People all over the world still believe that eating breakfast, or even three meals a day will cause them to gain weight. In truth, as long as they are eating the right types of foods and exercising, then three normal meals or six small meals a day will actually work better with their metabolism than eating the wrong quantities or not eating often enough.

With more than half of Americans over the age of 20 now being considered "overweight", now more than ever, we need to understand how metabolism works in relation to losing weight. Why risk having a heart attack, a stroke, developing cancer, or diabetes when all you have to do is make a few minor changes and live a healthy life? First, a person's metabolic rate is determined by the number and size of respiring cells that comprise the body's tissue, and the intensity of the metabolism in these cells. These two factors combined are what make up the physiological foundation of the amount of energy (calories) which a body uses.

Keep in mind that energy cannot be created or destroyed, just changed. As we know, potential energy comes from the foods we eat. When talking about weight loss, there are three components of balanced energy, which include calorie intake, calories stored, and calories expended. The way it works is that if the amount of calories taken in equals the amount of calories being expended (burned), then there is balance and the body's weight is stable.

On the other hand, if the balance becomes positive, caused by more food being eaten than is burned, energy is destroyed or in better terms, stored as body fat. It is important to remember that you can be eating a diet considered low-fat and still gain weight. The reason is that most dietary fat is stored while the body is burning carbohydrates and proteins for energy. The problem is the when a person gains weight, the increased level of fat becomes stored energy until the calorie balance is negative. For that to

happen, the amount of calories burned needs to exceed the number of calories being consumed, no matter what the macronutrient content.

Metabolism is the rate at which the body uses energy to support the basic functions essential to sustain life. This metabolism is comprised of three parts, which include physical activity (20%), Thermic Effect of Food, also called TEF (10%), and Resting Metabolism Rate or RER (70%). Physical activity is the amount of energy your body burns up during normal, daily activities to include housework, recreation, work, exercise, and so on. Obviously, someone that is physically active will burn more energy than a sedentary person will. TEF accounts for the energy used in digesting and absorbing nutrients, which would vary depending on the meal's composition. When a person overeats, TEF is increased because more food must be digested. Here is where metabolism becomes very interesting and what causes so much confusion.



[Eat Your Excess Pounds Away: "Metabolic Cooking"](#)

THE CALORIES' BALANCE

One pound is equal to 3,500 calories, so let us say a person consumes 3,500 more calories than normal. That individual would not gain one pound, but less, because the TEF is accounted for. But if 3,500 calories were cut trying to lose weight, then the TEF decreases since there would be fewer nutrients to process. The result is that energy expenditure would decrease, meaning that

the individual would lose less than one pound in weight. In other words, by cutting out too much food, the TEF cannot work as it was designed to do. Now keep in mind that you cannot go around eating a bunch of junk food. After all, the calories you do consume need to be healthy foods but what this means is that when you do not eat, you are actually working against your body in fighting weight gain, not the other way around.

Finally, the RMR refers to the number of calories the body needs to run its essential functions, as well as chemical reactions while in a rested state. This aspect of metabolism accounts for the greatest number of calories burned every day. What happens is that if lean weight should be lost because of increased protein metabolism, then RMR decreases. Typically, you would see this happen when a person goes on a very strict diet. In this situation, the body is forced into a negative nitrogen balance, which means a greater amount of protein is lost than what is replaced because of less protein/energy intake. When this imbalance occurs, there is a gradual loss of lean weight, which then lowers RMR.

METABOLIC THERMO-CHARGED

FIGHTS THE METABOLIC ADAPTATION PHENOMENON

UNIQUE METABOLIC NUTRI-PROFILE

250 FAT TORCHING RECIPES

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HOW TO MAKE YOUR METABOLISM WORK FOR YOU

What happens many times is that dieters try to limit the amount of lean weight loss with intense exercise for the muscles to develop a need to maintain more protein. When this happens, the body is forced to use more energy from stored fats. If you want to put your metabolism to work for you, some simple steps can be taken:

- By adding a few extra pounds of lean muscle, the metabolic rate can be increased by up to 200% each day
- Remember that lean weight can burn as much as 20 times more calories than fat weight
- Regular exercise is one of the best ways to boost metabolism
- By eating smaller meals and more often, you can boost your metabolism rate

While you need to eat healthy foods, studies prove that what matters most is how much of a person's body weight is attributed to fat. Remember, excess fat is what links to major health problems. Therefore, it is important that you maintain a healthy weight but more crucial that you monitor the fat-to-muscle ratio.

For example, a woman standing 5'5" might weigh only 125 pounds but have a 27% body fat ratio, which is not good. This individual worked hard to diet, while staying involved with aerobics. However, much of what she lost was not fat, but muscle. Even though this weight would be considered ideal for her height, her body fat to muscle ratio is too high.

An excellent way to optimize your fat-to-muscle ratio is by getting involved with weight training in addition to the nutrition and cardio.

Remember, you are in control and need to make the decision to do something good for yourself. Therefore, now is the time to take that control and fight to live a lean and healthy lifestyle.

BOOST YOUR METABOLISM BY EATING THE “RIGHT” FOOD

Some foods can magically melt pounds, and that train of thought has been around for a long time. While exercise and a variety of wholesome foods will help you lose weight, there are foods that burn calories and suppress hunger. Listed below are a variety of foods that will help speed your metabolism and for processing some of them your body burns more calories than they contain (TEF). Therefore, eating them will actually burn fat.



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Foods such as **raw spinach** contain bulk. Therefore, the space they take up in your stomach - partly because of their high water content - leaves less room for pastries and ice cream. They are also jammed with iron, foliate, calcium and vitamins A., B, C, and E that helps you to lose weight.

Grapefruits help you lose weight fast. They are not magic, but they are powerful fat fighters due to their fiber content. In addition, without added sugar, a grapefruit has fewer calories than an orange of the same weight.

Apples keep the doctor away... and fat. Eating several apples a day is a great way to lose weight. Hard fruits like apples take time to chew and fill you up.

You burn more calories chewing and digesting **celery** than it actually contains. Celery has vitamins E and C. It is a diet food that also helps you lose weight and should be on everyone's plate.

Protein packed **legumes** such as black beans, chickpeas, lentils are not just low in fat and rich in soluble fiber, they digest slowly and keep blood sugar levels steady. You will not feel like eating for a while.

Calcium rich foods and drink such as **low fat milk** can boost metabolism. It has been found that women and girls who consume dairy products regularly tend to lose weight easily and have less body fat than those who do not.

The omega-3 in **fatty fish**, such as mackerel can curb overeating. The protein mixed with the fat in fish is also known to curb your eating.

You can eat all the strawberries you want and can never gain a pound. **Strawberries, peaches, plums, and grapes** come with cancer fighting carotenoids and appetite-suppressing fiber. Eating these types of fruits daily will help you lose weight fast.

Above are just some examples of foods that burn fat. Disciplining yourself to eat a proper diet and the right exercise program will help you reach your idea weight in no time.

If you want to go even one step further, you can create whole meals containing foods that boost your metabolism. Here is one example from "**Metabolic Cooking**", an amazing cookbook with 250 quick and easy fat burning recipes.

ASIAN TURKEY BURGERS

Makes 3 Servings (3 Burgers)

Ingredients

- 1 pound ground turkey
- ½ cup minced onion
- 3 tablespoons chopped fresh parsley
- 2 tablespoons Worcestershire sauce
- 2 tablespoons minced green bell pepper
- 1 tablespoon soy sauce
- 1 tablespoon water
- 1 tablespoon grated fresh ginger
- Salt and pepper
- 2 cloves garlic, crushed

Directions

1. Combine all the ingredients in a big bowl.
2. With clean hands, squeeze it together until it's very well combined.
3. Divide into three equal portions and form into burgers about $\frac{3}{4}$ inch (2 cm) thick.
4. Spray a skillet with non-stick cooking spray.
5. Place over medium-high heat.
6. Cook the burgers for about 5 minutes per side until cooked through.

Nutritional Facts

(Per Serving)

- Calories: **184**
- Protein: 33g
- Carbohydrates: 4g
- Fat: 4g



250 FAT TORCHING RECIPES



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