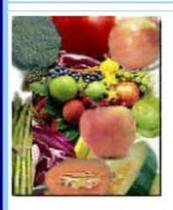
Negative Calorie Foods & Recipes for Weight Loss diet





My Resolution: To try negative calorie foods & diet to lose that extra fat to attain a slim & fit body. This will ensure a healthy, happy and long life.



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Weight Loss with Negative Calorie Foods

Health News on FOX2 TV Nov 2006

FOX 2 News employee, Mike Baker put the theory of Negative Calorie Foods to test. He lost 70 pounds and 30.5 inches and his wife Suzie lost 40 pounds and 31 inches.

All foods have some calories. No food is actually "negative calorie" food. But the overall effect of certain foods in our body is that of "negative calories". Negative calorie foods are foods, which use more calories to digest than the calories the foods actually contain! Calories from these foods are much harder for the body to breakdown and process. In other words, the body has to work harder in order to extract calories from these foods. This gives these foods a tremendous natural fat-burning advantage, and these are also known as fat burning foods.

A piece of dessert consisting of 400 calories may require only 150 calories to be digested by our body, resulting in a net gain of 250 calories which is added to our body fat! According to this theory, for example, if you eat 100 calories of a food that requires 150 calories to digest, then you've burnt an additional 50 calories simply by eating that food.

Typically, a 25 calorie piece of broccoli (100 gram) requires 80 calories to c Click Link Below 55 calories from the body fat!! Thus, the weight!!!

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