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Five Foods That Fight The Flab

When attempting to develop healthy eating habits, you should consider incorporating foods that fight the flab. If you are trying to lose weight, it can be difficult to understand which foods to eat. Each of the foods below are high in nutrients and low in calories. All contain essential nutrients and one even has necessary fats. Here are some foods to incorporate in your diet if you want to supercharge your weight loss and burn fat faster.

1. Oatmeal -- This whole grain is a nutritional powerhouse. Oatmeal is high in fiber and low in calorie. Being a whole grain it is slow burning, which means it takes longer to digest. This means that your hunger is satisfied for longer. Having oatmeal for breakfast will boost your calorie burning power because your body needs to convert fat stores to help digest it. But make sure to consume plain cooked oatmeal. Flavored oatmeal is packed with sugar and additives that may contribute to fluid retention, thus undermining your weight loss efforts. Stick to natural oatmeal – steel cut oats if available.
2. Leafy Greens -- Leafy greens are fiber rich, low calorie, nutrient rich vegetables that provide a great filler food. Add salad as a side dish with lunch or dinner to help satisfy your hunger... you can even reduce your meat and carbohydrate (potato, pasta, rice etc) portion and add more vegetables. Choose varieties with deep green leaves like romain lettuce or spinach. You should avoid iceberg lettuce where possible since it has very little nutritional value.
3. Olive Oil -- Olive oil is a healthy fat you can incorporate in your diet. It is always best to choose cold pressed, extra virgin olive oil. Olive oil is rich in carbohydrate, protein, and other essential nutrients like omega 3 essential fatty acids that help your body control cholesterol. Your body requires healthy fats to function properly. Spray your pan with extra virgin olive oil spray before cooking steak or other meats. This is much healthier than cooking in butter and other oils. Sauté veggies in olive oil, use it as a salad dressing, or spread it on bread. Incorporating healthy fats in your diet will help reduce cravings for fatty foods, thus making it easier to resist the temptation to consume junk food.
4. Nuts -- Nuts provide another source of healthy fats for your diet. Nuts and nut spreads provide fiber and satisfy your hunger. Adding healthy fats to your diet is an excellent way to reduce cravings for unhealthy foods because your fat requirement has already been satisfactorily met. So your body won't be craving more.
5. Beans -- Beans and legumes provide a cheap, healthy food source. They are high in protein, fiber and essential vitamins and minerals. Bean dips and spreads provide a great alternative for high fat dips to accompany vegetables or baked chips. Being high in protein and fiber also means that they take longer to digest so they satisfy your hunger for longer.

As you modify your diet, make sure to incorporate some of these foods to help you fight the flab. Each is low calorie and rich in essential nutrients. In fact, that is something to always keep in mind when trying to lose weight, selecting low calorie foods that are high in fiber and protein. These foods help you feel satisfied without consuming excess calories.

This post does not constitute medical advice nor should it be substituted for professional medical advice. This post titled "Five Foods That fight the flab" is intended for informational purposes only.

You can also find this article published on [Five Foods That Fight The Flab](#), and on the tag pages [Weight Loss Foods](#).