

[My Experiment with Fat Burning Foods](#)

Like something out of an underground Swiss lab instead of part of the food pyramid, the thought that there could be such a thing as fat burning foods was something I had never given any time to. Could it be there was some sort of strange mutant food that burned more calories than it put on your waist? And yet down at the health food store, the clerk told me fat burning foods have been popular for decades.

But it wasn't until the past few years that they really came into vogue. Who knew you could eat an apple and burn off more calories digesting it than it would add to your figure? Go figure! Well, it took me by surprise and I thought I'd investigate more. Surely someone has done some work on this and if there was anything to it, I might be able to learn something and shed a few pounds in the process.

Not to break your bubble, the whole thought that someone had found the miracle pill or food and that exercise was banished forever was a dream. Turns out, even with fat burning foods, in order to jump-start your metabolism, you need to exercise, at least moderately. Then the fat burning foods kick in and your body really does begin to lose the weight. But I wondered if I were exercising, how is this really any different than a normal diet?

There are hundreds of testimonials stating that these fat burning foods work. Right down to the best fat burning websites, all state that these foods can be used in a program with moderate exercise that will help you lose fat quickly. It's the exercise part that gets me, but I just saw a picture of me from two years ago and I know I am a candidate for the treadmill.

So I put the fat burning foods to the test right in my home. I purchased the foods and stayed right on the diet of meals made with them and then I included moderate exercise - which for me means jogging on the beach and bouncing on the mini trampoline. Over two weeks I took my body fat measurement and I did see a loss in weight - about 6 pounds. With more vigorous exercise, I could have lost even more.

Fruits are part of the diet, but I also heard of a study done by Professor Michael Zemer of the University of Tennessee Nutrition and Medicine, that diets high in dairy had weight losses of double those poor on dairy. And I'm pretty sure that's not ice cream - but the lower fat dairys. Turns out that the calcium breaks down the fat cells. Maybe you could just take calcium?

In fact, even if you try to eat the right foods, the time of day you eat them can have a negative affect on what you're trying to accomplish. For instance, eating late in the day where there is no time to work it off. And if you haven't heard, a study was done with women and breakfast. Turns out, the gals that ate more carbs and lean protein in the morn that those who opted to skip or eat very little for breakfast, lost an average of 40 pounds! The other skimpers only lost 9 pounds.

Fat burning foods are lemons, eggplant, turnips, blackberries, mushrooms, spinach, grapefruit, pumpkin, broccoli, oranges, limes, pineapple, beans, carrots, cherries, fava beans, walnuts, and dried fruits. You can toss in some cheese there, thanks to Professor Zemel and have quite a tasty meal as you burn the calories with a smile.

About the Author

Have two minutes to discover more about [burning fat fast](#) and remaining healthy? My [fat burning help](#) will save you money and put you in a safe program.

Source: <http://www.onlineearnings.net>