

## 12 SUPER FOODS; they will help you Loose Fat and Boost Your Health

- *Almonds and Nuts*

Nuts are high in protein and monosaturated fat. That's the good fat that's going to keep your arteries clean and help your stomach feel full and satisfied. All nuts are good for you but almonds weigh in as the best of the best!!

One or two handfuls of almonds pack loads of Vitamin E, calcium and magnesium which by the way help in building muscle. And the best is that nuts contain so much fiber that it keeps you full and suppresses your appetite for up to 2 hours.

Add nuts to your oatmeal toss them in your salad or mix them with dried fruit for a midday snack!

- *Legumes*

This low calorie high fiber food is packed with protein, fiber and iron. Beans are good for your heart and supports muscle growth and weight loss.

Try tossing a handful of beans on your salad, soups and vegetables. Dip fresh veggies in hummus witch is made from fiber rich chickpeas.

- *Green Vegetables*

Your mother was right when she said to eat your vegetables!

Green veggies contain vitamins A, C and K. folate, minerals including calcium and magnesium, fiber and beta carotene. The two top greens are spinach and broccoli. One serving of spinach is loaded with vitamin A, C and folate. Fiber rich broccoli is more densely packed with vitamins and minerals compared to any other veggie.

Take your greens and sauté in pure virgin olive oil. Toss in salads or puree them into soups and sauces.

- ***Dairy (Fat Free or Low Fat)***

“Got Milk”!

Low fat or fat free milk can be a major source of calcium along with other dairy products, Such as low fat yogurt and cheeses. Not only does dairy have bone strengthening calcium but has vitamin A and B-12, riboflavin, phosphorus and potassium. All powerful players that aide in weight loss, osteoporosis, high blood pressure and cancer.

- ***Oatmeal***

You can depend on you old fashioned oats to keep your energy up all day long. This powerful food beats out all other cereals with its high amounts of soluble fiber. Soluble fiber keeps your belly full, lowers cholesterol and helps maintain blood sugar levels.

But PLEASE don't be romanced by the flavored oatmeal's! Those oats are loaded with hidden sugars and calories and are bound to pack on the pounds. There are plenty of healthy alternatives to spruce up your old oats. Berries, bananas, milk, honey and peanut butter will give this old friend a new twist.

- ***Eggs***

“The incredible edible egg” offers up the highest quality proteins available in any food. (Even milk and beef) The protein in eggs is more effective in building muscle than protein from any other source. In fact, the yolk contains 45 percent of the egg's protein, along with most of the minerals and vitamins that are in the whole egg. Eggs also contain vitamin B12 which aides the body in breaking down fat.

- ***Lean Meats (turkey, chicken, and fish)***

Believe it or not your body uses more energy to digest the protein in meat than it does to digest carbohydrates or fat. Protein is the anchor for any diet.

White meat from turkey and chicken beats out the dark meat by being lower in fat. But the dark meat has lots of zinc and iron.

Great sources of protein which are low in saturated fats are salmon and tuna. They contain Omega – 3 fatty acids which help prevent the body from storing fat.

- ***Peanut Butter***

“PB&J” Peanut butter is packed with heart – healthy monosaturated fats that help to build muscle and burn fat. It helps in the fight against obesity and cardiovascular disease.

Because it's so satisfying, you'll never feel deprived and helps to cut other cravings. It's a great snack.

However, use all natural peanut butter (skip the processed with sugar). It's great on an apple or put into a shake. Just make sure you don't overindulge! Peanut butter is high in calories and should be limited to no more than 3 tbs a day.

- ***Olive Oil***

When we talk about good high quality fats, olive oil is number one on the list. It's a monounsaturated fat which lowers cholesterol and helps the body to burn fat. Olive oil Satisfies your food cravings and aids in obesity, heart disease and high blood pressure.

- ***Whole Grain Bread***

Will the least processed carbs please step forward!

The body needs high fiber healthy carbohydrates. Whole grains keep insulin levels low which in return prevents the body from storing fat. Watch out for processed and refined grains. Grains that are lacking in fiber and minerals and fall short of their daily allowances. Stick to labels that read "whole grain" bread, pasta, rice and you'll get the most out of your healthy grains.

- ***Whey Protein***

Whey protein powder is a high quality protein that contains amino acids that build muscle and burn fat. Its high amount of protein is very low in calories making it the perfect ingredient for smoothies and mixing it into other foods. Adding whey protein into your meals delivers the perfect fat burning meal possible.

- ***Berries***

Strawberries, Raspberries, Blueberries, they all have powerful antioxidants that help fight off heart disease and cancer. Berries contain flavonoids that can help in eyesight, balance, and short term memory. Toss berries in a smoothie, yogurt or cottage cheese for a satisfying high antioxidant snack.

