

8 Foods That Help You Lose Weight

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When it comes to losing weight, the following eight food strategies have helped thousands of my personal clients achieve their goals. Go ahead and give them a shot!

- **Fiber** -- Both types of fiber, insoluble and soluble can help your weight loss efforts.
 - *Insoluble* fiber provides volume to food without adding a lot of calories. Foods rich in insoluble fiber include high fiber cereal, whole wheat bread, wheat bran, fruits and vegetables.
 - *Soluble* fiber helps stabilize your blood sugar levels, which in turn can better control hunger and cravings. Also, this type of fiber slows down the transit time of food in your gut, so it may keep you fuller for longer. Foods rich in soluble fiber include strawberries, apples, pears, oatmeal, chickpeas, and beans.
- **Juicy Foods** -- Fruits and veggies with a high water content "built into the food" helps to fill you up, so you'll eat less collectively throughout the day. Go for watermelon, lettuce, tomatoes, cucumber, mushrooms, grapefruit, and cantaloupe.
- **Lean Protein** -- Protein can slightly rev your metabolism after ingestion (more so than carbs and fat). Be sure to include some type of lean protein with every meal. Good sources include chicken breast, canned light tuna, wild salmon (fresh and canned), egg whites, crab, shrimp, tilapia, turkey breast, tofu, lean red meat, low-fat dairy, beans and lentils.
- **Foods That Make You Work** -- People eat less of the very same foods when they require a bit of work. For example, buy shelled peanuts versus unshelled peanuts and prepare soybeans in the pod versus the straight bean.
- **Sugarless Gum** -- Contrary to what people think, sugarless gum does not stimulate your appetite. In fact, it's a great way to give your taste buds a shot of flavor and prevent yourself from popping something caloric in your mouth. Keep a pack of sugarless gum on hand (or a pack of mints).
- **Hot Beverages** -- Sipping a hot, low-cal beverage is a great way to stave off extra calories when you're looking to eat out of pure boredom. And because they're hot, you'll have to slowly sip over an extended period of time. Choose beverages under 100-calories such as green and herbal

teas, diet hot cocoa, skim latte and cappuccino, and reduced sodium bouillon.

- **Spicy Food and Capsaicin** -- Personal clients and research have reported that you're often satisfied with less food when the meal is spicy hot. Plus, you automatically eat slower and drink more water! If your taste buds can handle the heat, add chili peppers, hot sauce and salsa to your meals.
- **Pre-portioned Snacks** -- There's no chance of overeating when you only have one portion in front of you. Try the following legalized snacks when you want something fun: 100-Calorie Pack, Glenny's soy crisps, Skinny Cow-Silhouette flying saucer, Healthy Pop mini bag microwave popcorn, Nature Valley granola bar, Pria bar, People Pop, Tootsie Pop, Weight Watchers ice cream pops, or a Swiss Miss/Jell-O fat free pudding.