

Top 10 Fat Burning Foods

By Dr. Bryan Stoker



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Would you like to eat as much food as you want and actually burn off fat at the same time?

Well, now you can with these top 10 fat burning foods!



All foods have calories, and eating excess calories leads to weight gain. So how can these particular foods help you burn fat? I won't get into to all the details here; you can get my [free book](#) on **36 Fat Burning Foods** below for all the details. Instead, I will sum it up for you as follows . . .

Some foods have traits that (1) boost your metabolism (i.e., the rate your body burns energy) and (2) require more energy to digest them. In fact, some foods actually take more energy to prepare them, eat them, and digest them, than you get from the calories in the foods.

These foods are often called [Negative Calorie foods](#), and there is a surprisingly large number of them. This is not to imply any foods have “no calories in them” or that you can eat a ton of “negative calorie” foods to burn up other food you eat. The video below from NutritionFacts.org explains how you can lose weight quickly and naturally with negative calorie foods.

How To Lose Weight Fast With Negative Calorie Foods



[Click here to watch video](#)

If you look across the Internet, you will find the top-rated foods that melt away fat varies from site to site.

Why is that? . . . How can the **Top 10 fat burning foods** on one site be different from those on another? **After all, isn't the Top 10 the Top 10 regardless of which site you visit?**

The difference is in how you define “Top 10” . . .

I have chosen my top selections based on 3 criteria.

First, it must be a **negative calorie food**.

Second, it must be **easy to get and a real food**.

For example, some sites list spirulina which is really good for you, but the only way you’re going to eat it is as a supplement from a bottle; I don’t know many people who scoop up a handful of yummy algae from a local pond or grocery store produce section and eat it raw. Spirulina is really good for you, and I recommend you get it as a supplement, but it does not qualify for my Top 10 list. Other sites list tahini; what is that anyway? It turns out it is a condiment made from sesame seeds. I don’t know for sure, but I doubt, you will find that at your typical local grocery store.



Finally, it must also be a **superfood**.

So called **Superfoods** naturally provide an abundance of health benefits such as avoiding cancer, live longer while looking younger, enhanced brain power, better sleep, more energy, healthy weight loss, and lots more.

What does all this mean?

It means you are about to discover 10 superfoods you can find pretty much anywhere that burn more energy (and therefore melt away extra body fat) than you get by eating them. Although these ten waist-trimming goodies are listed in no particular order, I have reserved the best two for last, because they have recently been proven to actually prevent cancer!

So, let’s get started . . .

Top 10 Fat Burning Food #10: **Beets**



Even though beets are very sweet . . . with more sugar content than any other vegetable, and even called “sugar beets” . . . they only contain about 40 calories for a half cup whether they are sliced, canned, or whole. And they offer at least 6 healthy benefits including the following:

1. They lower your blood pressure in just a few hours. This is believed to occur because beets contain nitrates which convert to Nitric Oxide in your body. Nitric Oxide, often called “NO” in the bodybuilding world, helps you relax and it dilates blood vessels which lets blood flow more easily with lower pressure.
2. Beets boost your stamina for the same reasons as #1.
3. They contain betaine which helps protect your cells, proteins, and enzymes from stress. Beets also fight inflammation which protects your internal organs, improves performance, and may also help prevent chronic disease.
4. Research indicates the phytonutrients that give beets their crimson red color help in the treatment of pancreatic, breast, and prostate cancer.

5. Beets are loaded with Vitamin C, vitamin B (folate), fiber, potassium, and manganese.
6. The betalain pigments in beets break down and bind with toxins to excrete them from your body. For this reason, beets are used for blood purification and liver detoxification.
- The beet greens also provide a ton of benefits including improving bone strength to avoid osteoporosis, inhibiting Alzheimer's disease and dementia, and strengthening your immune system. Beet greens include protein, phosphorous, zinc, vitamins B6, A & C, calcium, magnesium, potassium, manganese, copper, and fiber.

Fat Burning Food #9: Broccoli



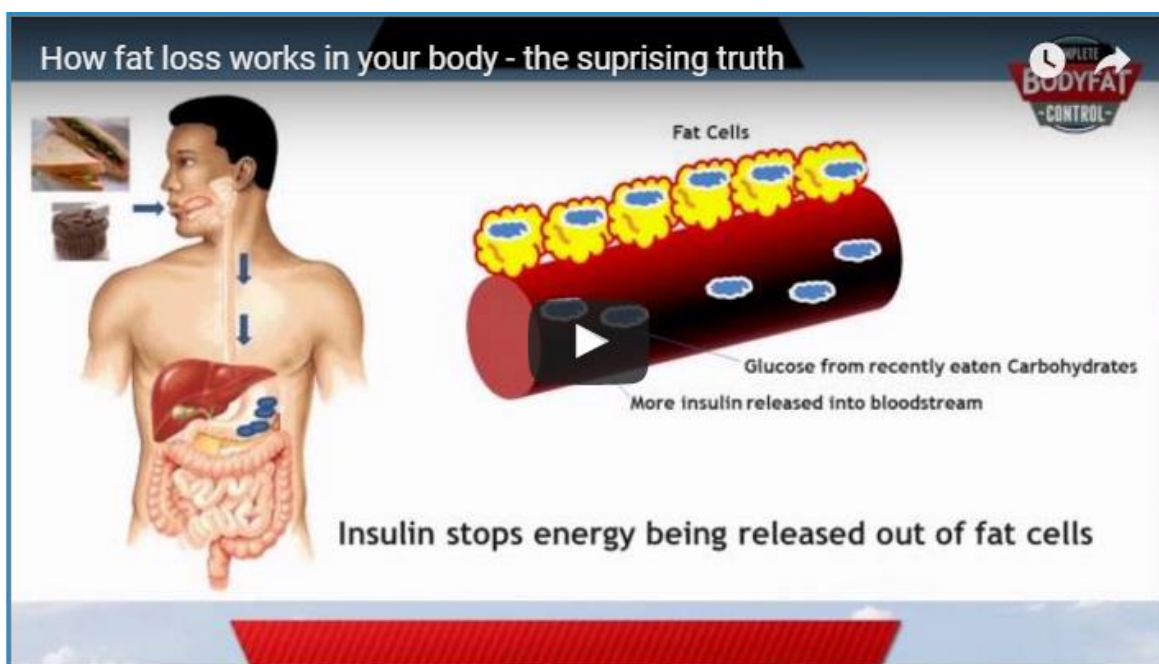
Broccoli is a "cruciferous vegetable" which offers lots of great benefits in addition to being a fat-melting negative calorie food. Broccoli is rich in kaempferol which is anti-inflammatory and helps reduce the effects of allergens. It provides lots of vitamin D as well as Vitamin A and K which help your body absorb vitamin D.

Three different glucosinolate phytonutrients help detox your body of undesirable contaminants. And broccoli helps lower your cholesterol especially when steam-cooked.

Many different studies have also concluded that broccoli helps decrease the risk of obesity, diabetes, and heart disease. It also promotes a healthy complexion and hair. These are powerful benefits packed in with just 31 calories per cup of raw broccoli.

Curious how fat loss works in your body?

Then watch this very informative short video ...



[Click here to watch video](#)

Melt Away Fat With #8: Cranberries



The superfood, cranberries, is loaded with antioxidants and nutrients. Although not conclusively proven, some of the health benefits attributed to cranberries include lowering the risk of urinary tract infection, preventing some types of cancer, improving immunity, and decreasing blood pressure.

The reason cranberries are supposed to lessen the likelihood of urinary tract infections is due to the proanthocyanidins (PAC) which reduce the adhesion of some types of bacteria to the urinary tract wall. If you are particularly interested in this benefit of cranberries, the *American Journal of Obstetrics and Gynecology* reports that cranberry supplements work better for this purpose than cranberry juice.

A 1/2 cup of cranberries contains just 30 calories.

Lose Belly Fat With Food #7: Oranges



Delivering only 69 calories per raw fruit, oranges are brimming over with health benefits in addition to melting away fat, but you have to eat the raw fruit itself. Orange juice is loaded with sugar (and calories), and you don't get the fiber benefits even with the pulp version of the juice. As long as you eat the fruit (rather than drink it), it is low glycemic

Here are a dozen benefits you get from eating an orange each day:

1. Oranges have lots of beta carotene which is an antioxidant that helps protect your skin.
2. The hesperidin flavonoid in oranges helps regulate high blood pressure.
3. Oranges contain lots of alkaline minerals which help balance your body's alkalinity after they are digested.
4. The carotenoids in oranges convert to vitamin A which helps prevent macular degeneration in your eyes as you age.
5. The soluble fiber prevents and helps relieve constipation.
6. The vitamin C neutralizes free radicals which cause chronic disease such as heart disease and cancer.
7. Polyphenols in oranges help fight viral infections.
8. The soluble fiber helps lower cholesterol.
9. Oranges offer lots of potassium which prevents irregular heart rate (i.e., arrhythmia).
10. The citrus limonoids in oranges have been proven to fight skin, lung, breast, stomach, and colon cancer.
11. Studies from Japan indicate mandarin oranges help fight liver cancer.
12. Drinking orange juice daily helps prevent kidney stones and kidney disease. But again, orange juice is loaded with sugar, so you might want to avoid the juice until you reach your desired weight.

Fat Loss Food #6: Papaya



The sweet-tasting tropical papaya fruit used to be seasonal and not so easy to get, but now it is available year-round in most locations.

Some of the reported health benefits include the following:

1. Papayas include the zeaxanthin antioxidant which filters out blue light rays which helps protect your eyes from macular generation.
2. The beta carotene helps protect against colon cancer and prostate cancer as well as reduces the risk of developing asthma.
3. The high fiber content helps lower blood glucose reducing the risk of Type 2 diabetes and helps prevent constipation.
4. The vitamin K in papayas improves calcium absorption and reduces excretion of calcium which helps ensure bone health.
5. The papain enzyme in papayas aid in digestion.
6. Papayas contain potassium and lots of vitamins which minimize the risk of heart

disease.

7. The choline in papayas reduces inflammation and aids sleep, learning, and muscle movement. A typical medium-size papaya has just 120 calories.

Lose Weight Naturally With #5: Raspberries



The phytonutrients in raspberries offer the unique ability to increase metabolism in fat cells. Initial research indicates this helps reduce fat and fat in your liver. All raspberries reduce free radicals with their antioxidant features (especially when they are fully ripened), but organic raspberries in Maryland are especially effective due to much higher levels of anthocyanins.

Raspberries are good at reducing oxidative stress and inflammation which alters the development and reproduction of cancer cells. However, recent research indicates raspberries also change the signals to existing cancer cells inspiring early death of the cancer cells. Raspberries include over 80 nutrients.

Finally, the tiliroside flavonoid and raspberry ketone (rheosmin) help in weight management and avoiding Type 2 diabetes. You get all this with only 70 calories per cup of frozen or raw raspberries.

Top 10 Fat Burning Foods #4: **Spinach**



Spinach is loaded with protein, iron, calcium, magnesium (required for good absorption of calcium) and many other vitamins and minerals. Spinach helps manage diabetes, prevent cancer and asthma, lower blood pressure, bone health, avoiding constipation, and skin and hair health. The vitamin A helps keep hair moisturized, and it helps growth for all tissues including hair and skin. Iron deficiency is associated with hair loss, so spinach may help in that area as well.

One cup of raw spinach has 0.86 grams of protein and only 27 calories, and it is one of the best natural sources of magnesium.

Lose Weight Fast With #3: **Blueberries**



Blueberries are one of the most celebrated superfoods. They are loaded with anthocyanins which gives blueberries their color and most of their health benefits.

Blueberries contain iron, phosphorous, calcium, manganese, magnesium, zinc and vitamin K which all help maintain healthy bones. They help lower blood pressure and manage diabetes, and even help prevent heart disease and cancer (including esophageal, lung, mouth and throat, endometrial, pancreatic, prostate, and colon cancers).

Blueberries are also associated with weight loss, reducing cognitive decline (e.g., with Parkinson's disease), healthy digestion, and even fighting wrinkles. The vitamin C promotes collagen which keeps skin younger looking and healthy.

1 cup of raw or frozen blueberries only delivers 79 calories.

Prevent Cancer With Fat Burner #2: **Pumpkin**



That's right! That big orange squash you carve up at Halloween to make scary or funny Jack-O-Lanterns!

You can eat it raw, from a can, and you can bake the seeds. Not only will you get the waist-slimming effects of a negative-calorie superfood, you will also go a long way to preventing cancer!

The pumpkin flesh just under the tough rind is loaded with carotenoids including beta-carotene, alpha-carotene, lutein, and zeaxanthin. Foods high in these carotenoids have been linked to fewer incidences of cancer including esophageal, mouth, and larynx (voice box) cancer. But pumpkins also have cucurmosin which is a protein that has demonstrated the ability to slow the growth of cancerous cells in the pancreas.

A cup of raw pumpkin cut into cubes or a cup of canned pumpkin works just fine, and it only contains about 83 calories.

The seeds make a great snack. Just rinse them off, and let them dry. Then spray them lightly with a healthy oil (e.g., olive oil or canola oil) and bake them for 10-20 minutes at 350 degrees Fahrenheit. You can even dash them with a light dose of sea salt if you wish.

The Fat Burning, Cancer Preventative, Negative Calorie, Superfood #1: Apples



Apples are loaded with stuff that is good for you! They have lots of soluble fiber to keep your digestion moving along, They have lots of vitamins and minerals. And preparing them, chewing them up, and digesting them burns more calories than you get when you eat them. I have also noticed they lower my appetite for a while as well.

According to the European Journal of Cancer Prevention, you will have 35% lower risk for developing colorectal cancer if you eat one whole apple per day and 50% lower risk if you eat two per day.

Apples contain fiber, vitamin C, and flavonoids including quercetin (the most beneficial nutritional contribution from onions . . . without the bad breath!) and kaempferol. All of these help protect you from cancer, but quercetin and kaempferol have actually been shown to stop the growth of cancer in animal and cellular studies.

The key to getting all these benefits, however, is to eat the peelings as well! It does not matter which type of apple you eat; so choose your favorite based on taste, and do not eat the seeds. Depending on the size, a typical raw apple with the peelings only delivers about 116 calories. Watch the video below to see the power of apple peelings to stop cancer.

Benefits of Apples: How Eating The Apple Peel Kills Cancer Cells



[Click here to watch video](#)

By the way, apple sauce is NOT an acceptable substitute for eating the whole apple (except the core and seeds). Apple sauce often has added sugar, but even if that is not the case, you will not get the benefits of the peelings and the calorie burn of biting and chewing. Grab the whole apple, wash it, core it if you wish, and just eat it like nature intended.

Now, you know the top 10 fat burning foods which also happen to be superfoods.

Did you notice you could eat all of these every day in a salad?

If you ate all 10 of these foods every day in the amounts recommended, you would consume 6 cups of food plus a whole apple, orange, and papaya every day! And your total caloric intake would be just 645 calories . . . and the best part is you would be stuffed full and spend more than 645 calories preparing, eating, and digesting all this.

To put that 645 calories in context, a typical sedentary male should consume about 2400 calories per day to maintain his current weight, and a typical sedentary female should consume about 1800 calories.

It is hard to imagine eating all these in the full stated amounts . . .

So here is an alternative you might consider.



Olive oil is loaded with healthy benefits.

- The oleocanthal phytonutrient in olive oil acts like ibuprofen to **reduce inflammation** which can lead to cancer.
- The monounsaturated fats **protect against Type 2 diabetes**.
- It helps **prevent calcium depletion** which can lead to osteoporosis.
- It can help **reduce high blood pressure**.
- It helps **slow down aging of your heart** while the antioxidants protect against damage to red blood cells.
- Helps **control your weight**.
- It is even a **natural remedy for earache** and excess ear wax.
- It can **lower the risk of depression**.
- **Moisturizes your hair** to keep it young and healthy looking without frizziness and drying.
- The vitamins A and E are **good for your skin**.
- Helps **make you feel full** so you eat less.

First, make a salad with the following ingredients and have it for lunch.

Beets, broccoli, cranberries, raspberries, raw spinach, blueberries, and pumpkin slivers with a tablespoon of apple cider vinegar as a dressing.

If you want the added health benefits of olive oil (see left), mix in a tablespoon of it with your apple cider vinegar. This will add 120 more calories, but it is extra healthy. You can also add a few chopped walnuts for a bit of crunchy flavor; walnuts are another superfood.

Then eat your orange, papaya, and apple during breakfast, dinner, and/or as snacks throughout the day.

This way, you will keep the negative calorie internal fire melting away calories all day, and you won't feel hungry.

Here Are The Top 10 Health Benefits of **Apple Cider Vinegar**



[Click here to watch video](#)

For a little variety, you might also want to [know all the negative calorie foods](#) (including meats, fruits, vegetables, and nuts) as well as some tasty recipes. The video below explains more about it.



[Click here to watch video](#)

Are You Looking For Easy Ways To Lose Weight Or Do You Just Want To Feel Better And Be Healthy?

I am not suggesting you go on a diet to lose weight!

You now know 10 tasty fat-burning foods loaded with healthy benefits. ***Just add them to your current diet!***

They will make you healthier, and they will burn more calories than they deliver. If you want more variety and 4 crucial keys to lose weight . . . and even a recommended diet plan . . . enter your name and email below, and I will send them to you free.

Just adding these foods to your diet will melt away pounds of fat, and they will fill you up so you will naturally want to eat less. You don't have to diet, just eat more of the right stuff, and you will feel better, look better, and be healthier . . . naturally.

Want to know how to burn the most belly fat without exercise?

Then watch this ...



[Click here to watch video](#)

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- Discover the nutritional benefits for each food and exactly how they burn fat and help you get leaner, healthier, and feel better.
- Discover 4 fat burning secrets as well as my secret weapon for using a really tasty superfood to build lean muscle mass at the same time.
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