

Weight Management Foods

Foods that help in weight loss

Many people who want to lose weight find it difficult to know which foods to choose for the best weight loss results. Losing weight by swapping and changing to different diets is not the best way, we need to find a way of reducing energy content from the normal foods we eat every day. We need to learn certain food rules to help form better eating habits.

We should learn to pick out the best foods from our normal daily diet and use them to form the basis for our new healthy eating habits. This gives familiarity to the new way of eating rather than the idea that the individual is "on a diet"

Evidence has shown humans always consume more food and calories when there is more choice on offer. For example, have you ever been at a buffet style meal where its "eat all you can" no matter how much we eat there always seems to be room for one more item maybe that delicious looking dessert or ice cream!

No food alone could ever cause us to lose weight, there is no such thing as the best single weight loss food. We all understand that weight loss is the result of the energy consumed from all various foods within the diet, and that a diet's total energy must be lower than the energy used by the body.

High fiber foods are other foods that are considered helpful when losing weight. The fiber helps fill up the stomach quicker causing the individual to eat less, thus less calories are consumed.

Many foods with a high water content are among some of the best foods to help lose weight. They are often low in calories plus increasing water intake. This benefits weight loss.

Foods that are nutritionally dense, especially from some of the B vitamins may help increase energy levels and give an individual more desire to exercise

Fresh, natural produce are among the best foods for weight loss, they are often low in energy and low in sodium. . A high sodium intake has been shown to cause slight water retention thus gaining an extra few pounds of water weight.

Foods that are low in fat are also believed to be the best for losing weight. Fat contains more than twice the amount of energy than carbohydrates or protein so eating less fat naturally lowers calorie intake

Low calorie intake also helps in weight loss.

Examples of some of the best foods for losing weight...

1. Fruit
2. Vegetables
3. Legumes
4. Wholegrain foods (muesli, oatmeal, whole meal pasta, etc)
5. Baked potato
6. Boiled brown rice
7. Fresh fish

Carrots, mangos, pumpkins, oranges, cauliflower, mushrooms, banana and onions, spinach, broccoli, Brussels sprouts, collard green, Pink grapefruit, red bell peppers, tomatoes, and watermelon

How to Gain weight

More food, more often.

Protein from red meat, poultry and fish build muscle most effectively. Milk by the quarts, containers of cottage cheese and lots of eggs will add significantly to your muscle bulk and power building. Don't gorge yourself, but be prepared to eat and train hard.

Whole grain breads, cereals and muffins work well for carbohydrate and fiber intake, while potatoes, rice and pasta are the most stable and popular sources of carbs. They burn clean, and with intense training they're not likely to store as bodyfat. Bring on the vegetables of your choice, variety here is good. Complex carbs, fiber abundant, vitamins, minerals and exotic micro nutrients lurk in these foods.

Between meals shakes of peanut butter and bananas are convenient and powerful ways to add to your positive calorie count.

Plan your menu daily with up to 6 meals a day as you will need to eat more often. Don't overload your system, we can expect to absorb about 35 grams of muscle building protein at a sitting. For serious weight gain commit to these principles.

Remember, lots of water, lots of calories.

Keep a training log. Record your meals, training program and poundages.

Only with heavy training will your heavy eating be productive. Add squats and deadlifts to your workouts.

Never allow your nutrition to falter, even for a few hours. Keep extra food, protein drinks and supplements at work, in your gym bag and in your car. We're on a mission.

Don't neglect your aerobic work. 20 minutes, 4 times a week will keep you from getting sluggish, increase your blood volume, raise your fat burning metabolism and maintain maximum endurance for training on the gym

Artificial sweeteners don't raise your core body temperature the same way real sugar does, which leads to overeating after a meal. Zero calorie sugar substitutes also make it harder to burn calories, which is another factor that leads to weight gain.

Although saccharin was the artificial sweetener used in this study, scientists believe that the results could also apply to other sugar substitutes. People who may want to consider the possibility of simply switching to these products isn't automatically going to result in dramatic weight loss

The most effective weight loss technique is eating fewer calories and exercising more. The best way to lose weight is by adopting a healthy, active lifestyle.