

The key to losing weight without going hungry? Stock up on these ASAP

20 foods that blast fat



by Marissa Lippert, R.D.

It may sound counterintuitive, but if you want to slim down, you actually need to eat. While there are no magic foods that melt fat right off your thighs, the following 20 can help kick-start your metabolism, fill you up and even lower your body fat percentage. So don't forget to add them to your shopping list.

1 salmon This cold-water fish is an excellent source of omega-3 fatty acids, heart-healthy polyunsaturated fats that help reduce inflammation throughout the body and may, in turn, keep your weight down. A number of recent studies show that chronic inflammation can interfere with how your body responds to leptin, a hormone that helps regulate appetite. Choose wild over farmed when you can, and aim to eat one serving a week.

2 coffee Research shows that the caffeine in your morning cup of joe may help you tackle more intense workouts, which can translate to burning more calories and fending off weight gain. Loaded with antioxidants, coffee may also lower your risk of Parkinson's, type 2 diabetes and some cancers. Steer clear of calorie-laden coffee drinks with whipped cream, chocolate and sugary syrups. Instead, opt for a latte or cappuccino made with skim milk.

3 yogurt Calcium is king when it comes to staving off hunger and helping you lose weight; research shows that it may help prevent your body from storing fat. Yogurt's also high in protein, which helps you stay fuller longer and keeps blood sugar levels stable.

4 eggs There's a lot of nutrition within that shell, including quality protein, B vitamins and vitamin D. Plus, research published in the *Journal of the American College of Nutrition* found that people who ate eggs at breakfast lost twice as much weight, stayed full longer and had more energy throughout the day compared to those who had bagels for breakfast.

5 walnuts Because they're high in protein, omega-3s and monounsaturated (Please turn to 102)

fat, walnuts satisfy and keep you fuller longer than snacks that aren't rich in protein and "good" fat. All you need is a handful.

6 bison & buffalo Good news for red meat lovers: Bison and buffalo taste similar to beef but are lower in fat, cholesterol and calories. Choose bison or buffalo instead of beef for a burger and you'll save over 40 calories, 6 grams of fat and 3 grams of saturated fat, and get 25 percent less cholesterol.

7 grapefruit It wasn't the basis of a fad diet for nothing (although you can't exist on grapefruit alone!). In a study published in the *Journal of Medicinal Food*, obese people who were trying to lose weight and ate half a grapefruit or drank a glass of grapefruit juice daily (as part of a healthy diet) for 12 weeks lost an average of 3½ pounds.

8 green tea Drinking green tea may raise metabolism and help you lose a little bit of weight, according to a study published in the *American Journal of Clinical Nutrition*.

9 water It works wonders to keep you well hydrated and prevents you from mistaking thirst for hunger—a common problem for many dieters. Not sure if you're hungry or thirsty? Down a glass of water first, then decide.

10 chili peppers They contain capsaicin, a compound that can rev up metabolism and give you a little help in the calorie-burning department.

11 beans Jam-packed with fiber and protein, beans are a great low-calorie, lowfat food that allows you to maintain a



healthy weight by helping to stabilize blood sugar levels.

12 tofu & edamame Low-cal vegetarian sources of protein, soy products like tofu and edamame may help you lose weight by giving your metabolism a boost—even if your eating habits stay the same, say researchers at the University of Illinois at Urbana-Champaign.

13 apples An apple a day may do more than keep the doctor away: It may also keep the number on your scale down. A study published in the journal *Nutrition* found that consuming an apple at each meal may improve blood sugar levels, which help stabilize hormones that influence appetite and satiety.

14 avocados True, they're high in calories and fat, but it's the good kind of fat that, when eaten in moderation, keeps you satiated and helps prevent disease. Spice up a sandwich with two slices of avocado, or dip veggies in ¼ cup guacamole for a snack.

15 blackberries Pump up a boring bowl of cereal by adding a cup of these fresh berries. Rich in water and fiber,

they'll help you fill up. A bonus: Blackberries have more antioxidants per serving than any other fruit.

16 quinoa This ancient grain with a nutty flavor is gaining more attention as a nutritional superstar. The combo of vegetarian protein, fiber and healthy fat in quinoa makes you digest it slowly and steadily, which keeps your blood sugar, energy levels and appetite in check.

17 oatmeal Ever notice that when you have oatmeal for breakfast, you don't get the midmorning munchies? Full of fiber, oatmeal gets digested more slowly, keeping you satisfied until your next meal.

18 flaxseed A recent article in the *American Journal of Clinical Nutrition* found that estrogen-like compounds in flaxseeds, called phytoestrogens, may help improve blood sugar control and insulin resistance, helping fight obesity and diabetes. Sprinkle a tablespoon or two of ground flaxseed over oatmeal, cereal or yogurt.

19 broccoli Mom always said to eat your broccoli, and for good reason. Broccoli and other cruciferous vegetables like cauliflower and cabbage have tons of fiber and a low energy density, meaning you can eat a lot for only a few calories. A single-cup serving of raw broccoli has just 25 calories.

20 soup In one study by Penn State researchers, people who ate a low-calorie broth-based soup before a meal consumed over 20 percent fewer calories (the water content helps you fill up). wd

Want to slim down even more? Try the Rev Up Your Metabolism workout at womansday.com/workouts