

Special Report Number 2

**Always
Eat
Foods
that
Decrease
your
Body Fat**

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Most of us have no idea that there are foods we can eat to help us decrease body fat!

By gaining specific knowledge on what these foods are, you will be able to strategically plan and correctly choose meals that do not get stored as fat but helps you burn body fat faster and feel satiated at the same time.

By making certain that your daily diet consist of foods that decrease fat, you will certainly realize your goal of a healthier and leaner body, have more time to be productive in your personal and professional life and enjoy quality time with your family.

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BROWN RICE: Steamed brown rice is a very healthy staple food regularly eaten by athletes and bodybuilders. Stay away from instant rice and white rice. The best way to enjoy brown rice is to slowly cook it in a steamer or rice cooker for best results in losing fat. White rice is refined and just like refined sugar, all its nutrients are stripped away in the process.



EGG WHITES: Egg whites are a main source of lean protein and help in burning fat faster and contribute to muscle build up. Although eggs also provide high calorie fat, this is contained in the yolk while the protein content is divided evenly between the yolk and the egg white. You can eat the egg's albumen to your heart's content without worrying that you will gain an ounce of fat!



FISH and SHELLFISH: Fish and shellfish are natural sources of rich protein, healthy fats and Omega 3 fatty acid. There are practically unlimited choices available with tuna, swordfish, haddock, flounder, mackerel, trout, perch, blue marlin, catfish, shrimp, crab, lobster, mussels and a lot more. In cooking fish or shellfish, they are best served as grilled, baked, or broiled without the fattening sauces and butter. 99% of sea foods have very low fat content but have very high protein content which gives you an enjoyable and at the same time healthy and tastier alternative to egg whites, turkey and chicken breasts.

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FRESH FRUITS: Fruits are generally classified as simple carbohydrate but because they are natural and rich in fiber they are not fattening. Apples, peaches, grapefruits and oranges are great additions to a healthy nutrition strategy especially if you eat them together with your complex carbohydrate intake. Do not fall into the same mistake of others who maintained a fruitarian diet because fruit loses its advantages in helping you lose body fat if you do not combine it with green fibrous carbohydrates and lean protein.



LEAN MEAT: Red meat is not totally forbidden, what is prohibited is eating untrimmed red fat because of its high fat content. Red meat is high in protein, B-12, iron and creatine and fat, nutrients the body should not go without. Enjoy your red meat by trimming that fat in order to make sure that your fat intake is lessened effectively.



NON-FAT MILK and DAIRY: Skimmed, 1% low-fat milk and dairy products like cheese, yogurt and cottage cheese are better than the high-fat-content whole milk products since dairy products naturally contain both carbohydrates and proteins. When they are made low-fat, this results in high quality and complete protein food sources which are better substitutes of daily protein sources and makes eating the right food more agreeable.

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OATMEAL: Oatmeal has a nice balance of carbohydrates, proteins and healthy fat. It is also low in glycemic index value that together with its natural protein and fat content makes it a slow-release source of carbohydrate. Always choose all-natural oats and stay away from the sweetened and/or flavored varieties generally available in supermarkets. If you want to

sweeten your oatmeal, use natural sweeteners. You can also add nuts, banana, peaches to your oatmeal top have more beneficial and natural good fats. You can also make your breakfast more flavorful by adding flavored protein powder or it with other whole grain cereals.



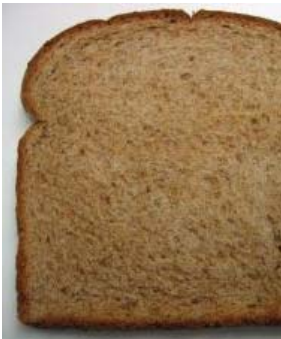
SWEET POTATOES: Potatoes meet all of the criteria of a great carbohydrate –they are a complex carbohydrate, all-natural and contain fiber, vitamins and minerals. Do not eat potatoes with salsa, butter, sour cream or bacon bits; they are best eaten with a low fat topping for that added flavoring but less fattening. Although potatoes have a high glycemic index, if eaten together with lean meat or lean proteins, the combined glycemic index of the

meal becomes lower and therefore healthier.



VEGETABLES: Green, fibrous carbohydrates like vegetables hardly contain any calories. Eating a mix of green vegetables and lean proteins is one of the quickest and best methods of losing body fat as quickly as possible without going through the agonies of hunger pains.

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WHOLE WHEAT/GRAIN PRODUCTS: 100% whole wheat or whole grain products (bread and pasta) are perfect additions to a healthy diet for maximum fat loss.



WHITE MEAT: Chicken and turkey breasts are the most popular lean protein sources. You can cook them broiled, grilled, or roasted but never fry them. Frying white meat makes you lose the advantage of their low fat content because of the cooking oil. Do not confuse white meats with processed meats from supermarkets or delicatessens as these contain sodium, binders, preservatives and fillers which you do not need.



YAMS: Yams are tasty, all-natural, have low calorie content, full of nutrients and antioxidants. They have a very low glycemic index and a long-time favorite of all top athletes. Use your creativity when preparing yam to make them more appetizing. You can mix yam with other vegetables, white meat or fish for a more delicious fare!

These foods are not all but only some of the foods you can eat to help you get started on a healthier and fitter body – simply by eating! ☐