

Lose Weight While You Eat – 4 Waist-Shrinking Foods

At first glance, the phrase “lose weight while you eat” sounds like the *ultimate* lazy person’s way to a slender body.

Unfortunately, it’s not entirely true. Eating to lose weight is only possible if you choose your battles wisely (i.e. what foods to partake), and stick to a healthy diet. Sounds boring, I know. But then again, this body of yours is the only one that you’ve got – so take good care of it!

While you may know folks who seem to be able to munch on whatever they want and not put on the pounds, it’s imperative that you do not equate their skinniness to being healthy. In fact, sometimes being slim becomes a double-edged sword because people then don’t realize or, perhaps, don’t see the need to *care* about what they’re putting into their bodies.

As things usually go, we tend to choose sweeter snacks over healthier ones because the sugar content makes unhealthy stuff taste so much better. That’s why when I came up with this list of 4 waist-shrinking foods, I realized how important it was to take the *taste factor* into account

Of course, I understand that not everyone has the same preferences when it comes to food choices. And although you might not agree with everything that’s on this list, it’s still undeniable that these are the foods that can literally help you “lose weight while you eat”, and save your body from falling apart as you age.

1. Fruits

Not including the canned versions, fresh fruits are one of the healthiest treats to give your body. While they do contain some sugar, it’s still important to include fruits in your diet because they’re loaded with high fiber, vitamins and essential minerals.

If you have a sweet tooth, you may enjoy kiwis that are rich in vitamin C, energy-giving bananas or disease-fighting red apples.

Or if you prefer a dash of sourness, you may consider having some oranges that lower cholesterol levels and high blood pressure, immune-boosting lemons, or cranberries that are high in antioxidants.

I believe that the most hassle-free way to have your fruits would be to blend a variety of them and drink in the daily required nutrients in one fell swoop. Because of the myriad of flavorful fruits available, you’ll be hard-pressed not to find one that you like.

2. Yogurt

This custard-like, curdled-milk-based food contains a type of protein known as whey. Best known for its usefulness in building muscles and aiding digestion, whey is a low-calorie/carbohydrate food that boosts the immune system and contains essential amino acids that are good for your body.

The “International Journal of Obesity” states that consuming 1 to 2 daily servings of yogurt will help you burn fat and prevent muscle loss; not only will eating yogurt produce an ideal diet outcome, it provides a really budget-friendly way for you to pamper your body.

Nowadays, the huge assortment of yogurt being sold leaves one spoiled for choice. Some yogurt come packaged with fruit bits in them, while others are sold plain. Even if you're lactose-intolerant, you'll still get to enjoy eating yogurt because it's a lactose-free product.

With so many health benefits attached to this protein and calcium rich snack, the only good reason to avoid having any would be if you're allergic to whey.

3. Tuna

Just the thought of lightly pan-seared tuna coated with some freshly-grounded black pepper and roasted tomatoes makes my mouth water.

Tuna, in addition to a host of other various health benefits, provides the all-important omega-3 fatty acids responsible for balancing the body's cholesterol levels.

Eating tuna is a great way to help you lose weight because it has a lower calorie count and contains more protein than chicken or beef. It's also a low-carbohydrate, protein-rich food that will keep you feeling full longer. The healthy fats present in tuna further aids in cancer prevention and are crucial for heart health.

4. Dark Chocolates

Now you have the perfect reason to rejoice – dark chocolates made it onto this list!

Studies have shown that eating this sweet-tasting snack does not raise a person's cholesterol levels. Instead, cocoa (the core ingredient found in dark chocolates), contains flavonoids that *lower* blood pressure and cholesterol levels.

As cocoa also contains a lot of fiber and helps in preventing the absorption of fat while alleviating hunger pangs, be sure to only purchase dark chocolates that contain 85% and above of cocoa content. Otherwise, you wouldn't be getting the best bang for your buck health wise.

But wait – Don't chocolates come with a lot of fat?

The short answer to this is yes, they do. However, of the 3 different kinds of fats present in dark chocolates, only 1 (palmitic acid), increases your risk of cardiovascular diseases. And even so, it still contains antioxidants and helps to balance blood glucose levels.

The other 2 fats found in dark chocolates (oleic acid and stearic acid) do not contribute anything negative to our bodies. In fact, oleic acid is a *healthy*, monounsaturated fat with a whole range of health benefits.

Commonly found in olive oil, oleic acid improves the circulatory system, inhibits the growth of cancer cells, lowers bad cholesterol, and helps a person to lose weight.

With a whole slew of health benefits that stems from consuming dark chocolates, you might go crazy stocking up on these sweet treats. Just a word of caution – avoid dark chocolates that come with nougat or caramel fillings because these fillings serve no purpose except to cancel out the health benefits you get from eating dark chocolates.