

## **Foods That Burn Fat, Foods That Turn to Fat**

*In this article we have Foods That Burn Fat*

**Sept. 20, 2009** - [PRLog](#) -- Foods That Burn Fat

### 1. Oatmeal

If I could only choose one source of complex, starchy carbohydrates for a fat loss program, this would be it! Oatmeal is the one carbohydrate food that virtually 100% of all bodybuilders and fitness models eat on a daily basis. What makes it so great? Well, although it's a starchy carbohydrate, oatmeal has a nice balance between carbs, protein and good fat. A half a cup contains 3 grams of fat, 27 grams of carbs and 5 grams of protein. The low glycemic index, combined with the presence of protein and fat makes oatmeal a very slowly released carb – exactly what you're looking for when you want to get lean.

Make sure you choose the all-natural oats; either old-fashioned oats (such as Quaker) or the quick oats. Stay away from the sweetened and or flavored oatmeal packets. Oatmeal is delicious with natural (sugar free) applesauce and cinnamon. Or, try some crushed walnuts or flaxseeds in your morning oats, which will give your "porridge" a nice crunchy texture while adding those desirable "good fats" we all need. For a complete meal, try a couple scoops of Vanilla Praline flavored protein powder in your oatmeal. If you get tired of oatmeal, there are plenty of other cooked whole grain cereals in the "oatmeal family." Look in your local health food store (or a gourmet supermarket) for barley, wheat, triticale, rye, oat bran and flax cereals (or a multi grain combination of the above).

### 2. Yams (and sweet potatoes)

Right behind oatmeal, yams (and sweet potatoes) are probably my second favorite starchy carbohydrate. Flavorful, all-natural, low in calories, and packed with nutrients and antioxidants like beta-carotene, it's no wonder yams are a favorite carbohydrate among bodybuilders, fitness competitors and health-seekers alike. According to Brian Rowley, science editor for FLEX magazine, "Bodybuilders use yams when cutting bodyfat because they are low on the glycemic index. Waxy white potatoes (boilers) are high on the glycemic index, so they make an excellent postworkout meal, but nothing compares with a yam the rest of the time."

Although the glycemic index is a secondary factor when making carb choices on the BFFM program, if you're carb sensitive or if you're on a very strict diet (like a contest diet), then the glycemic index should be given more weight in your choices. Yams are one of the best. Sweet potatoes are not exactly the same thing as yams (they're slightly higher on the glycemic index), but they're otherwise similar, which also makes them good choices for fat burning diets. You can identify a yam by its darker orange color, pointier ends and unusual sizes/shapes. Combine a yam with a green veggie, a chicken breast, lean red meat or fish, and you've got yourself a perfect fat-burning, muscle building, metabolism boosting meal.

### 3. Potatoes (white or red)

Potatoes have earned an undeserved reputation as a food to avoid on a fat loss program. But think about it; Potatoes meet every criteria of a great carbohydrate: potatoes are a complex carb. They are all-natural. They contain fiber, vitamins and minerals. They are filling. They are low in calories. So why do people avoid them? One reason is because they confuse a dry potato with a loaded potato. Smother a potato with butter, sour cream and bacon bits and then you've got yourself a fattening, calorie-dense ensemble. Eat it dry or

top it with Butter sprinkles, salsa or your favorite low fat, low calorie topping and you can't go wrong.

Another reason people might avoid the potato is because they are using the glycemic index as their primary gauge for choosing carbohydrates. Potatoes are high on the glycemic index, which means they are absorbed as blood sugar very rapidly. What most people don't realize however, is that when you eat your potato as a whole meal with your favorite lean protein, the glycemic index of the entire meal is much lower. Most people also don't realize that some white potatoes are higher in the GI than others. Baking potatoes are higher in amylose, a slow releasing starch, so the glycemic index is lower. Russet potatoes are also moderate on the GI. Waxy potatoes or boilers are high GI foods. If you're extremely carb sensitive or hypoglycemic, then you might want to eat more yams than white potatoes, but generally speaking, white potatoes make a superb addition to almost any fat burning diet. I personally eat white potatoes right up until the day of a bodybuilding contest and I have no difficulty reaching 3-4% body fat.

#### 4. Brown Rice

Brown rice is another staple food of bodybuilders and you often see the "muscled ones" chowing down platefuls of rice, both in season and out of season (in smaller quantities during the "cutting-up" season). Prior to contests, bodybuilders sometimes reduce the amount of rice (starchy carbs) and add in more green veggies (fibrous carbs), but rice is a solid year round staple, as long as you keep your calories in check. Obviously, this means avoiding fried rice or other rice dishes that have added fat and calories. Steamed or boiled rice is the way to go.

Of the many types of rice, slow-cooked brown rice or basmati rice are your number one choices. Instant (pre-cooked) rice is fine when you're in a crunch for time, but the instant rice digests much more quickly and is processed in the body more like a simple carbohydrate. The same goes for white rice, especially the sweet variety that's usually served in Chinese and Asian restaurants (including sushi rolls). White rice is the processed version of brown rice. Although it's still technically a starchy complex carbohydrate, the white rice burns faster and has been stripped of much of its nutritional value. When you're on a very strict fat loss diet, stick with the slow-cooking brown rice for best results.

#### 5. 100% whole wheat and whole grain products

The "baseline diet" can and should contain a wide variety of bread products with one condition: They must be made from 100% whole grains (and the label must say, "100% whole wheat" or "100% whole grain" as the first ingredient). White bread and anything made out of white flour is not allowed in any quantity on this program (except the occasional planned "cheat meal"). If you're particularly carb-sensitive, then bread – even the whole wheat variety – is one of the first things to go.

A small handful of people – usually one in 200, depending on what source you listen to – have sensitivity to the gluten in the wheat. Gluten is a protein found in wheat products and, much like lactose intolerance from dairy products, gluten intolerance can cause digestive difficulties and bloating in certain individuals. Most competitive bodybuilders drop out all the pasta and bread products for the 12-16 week dieting period before a contest, then usually put them back in for off-season maintenance. On very strict fat loss diets, wheat and bread products are usually eliminated completely. Generally speaking, however, 100% whole wheat and other whole grains are perfectly acceptable additions to a healthy diet for long term body composition control, it just depends on how "strict" you want or need to be with your nutrition.

#### 6. Green fibrous vegetables (broccoli, green beans, asparagus, lettuce, etc)

Fibrous carbs are your number one choice for fat burning carbohydrates. Green vegetables, also known as

fibrous carbs, hardly contain any calories (they have a low calorie density). It's virtually impossible to overeat green vegetables. Eat them liberally and eat more of them late in the day. A diet of green vegetables combined with lean proteins is one of the best methods of getting lean as quickly as possible.

Read full article at. <http://www.loss-weight-diet.org/healthy/foods-that-burn-f...>

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