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Healthy Outlook Blog

7 Guilt-Free Foods to Help Speed Your Weight Loss

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By Lynn Langway | Posted June 8 2012

[Diet](#), [Health Tips](#), [Weight Loss](#)

Nutrition researchers have identified a big menu of filling foods that can speed weight loss without calorie overloads. Some of these guilt-free foods seem to rev up the body's calorie-burning metabolism, at least temporarily, while others act primarily to tame the appetite. And many smart choices are downright delicious: how about a spicy bowl of chili or a yogurt parfait with fresh raspberries and almonds sprinkled on top?

A B O U T O U R B L O G

Our blog is a collection of thoughts and stories that serve as inspiration for what healthymagination is—a shared commitment to creating better health for more people. It's written by the people behind healthymagination, as well as members of our advisory board and guest contributors from around the web.

Y O U M I G H T L I K E



[Food Safety Myths Exposed | FoodSafety.gov](#)

Cooking meals at home is a



Researchers at [Harvard Medical School](#) who recently analyzed the diets of more than 120,000 health professionals found that those who ate more yogurt, nuts, fruits, whole grains and vegetables were less likely to gain weight than those who consumed smaller quantities.

“It’s good to include all of these healthful foods in your diet, especially in place of high calorie, low-nutrient foods,” says registered dietitian [Elisa Zied](#), author of “[Nutrition at Your Fingertips](#)” (Alpha Books/Penguin).

Here are 7 guilt-free foods to savor. Substitute them for empty calories:

Chicken, turkey, tofu and other

lean proteins: A [study](#) at Arizona State University showed that women who ate a low-fat, high-protein diet burned more than twice as many calories after meals than those who ate more carbohydrates.

Chile peppers: Capsaicin, the substance in hot peppers and cayenne seasoning that makes the tongue tingle, may also [provide a temporary metabolic boost](#) after meals, according to several studies reviewed by scientists at Purdue University. They also passed along soothing news for those who can’t take too many jalapenos; new breeds of non-spicy red peppers are rich in capsiate, a substance that demonstrates similar effects.

Citrus fruits: Researchers at the [Scripps Clinic](#) reported that obese patients who



COOKING meals at home is a great way to stay healthy and save money. But did you know that one in six Americans is expected to develop food poisoning this year? Following four simple steps helps protect your family from food poisoning, [foodsafety.gov](#) reports. And watch out for these common myths about food safety at [...]



Supplements for Natural Pain Relief

Common pain-relief solutions include over-the-counter painkillers known as nonsteroidal anti-inflammatory drugs, NSAIDs, such as Advil and prescription pain medications such as Celebrex. The problem is, NSAIDs may cause side effects like gastrointestinal bleeding and ulcers.



Getting Older Can Make You Happier!

Wrinkles and gray hair notwithstanding, most people actually get happier as they get older, according to recent research. A study at the university of Warwick backs up earlier research showing that mental and emotional quality of life (QOL) go up after middle age, even as physical QOL goes down.

ate fresh grapefruit before meals lost “significantly more” weight than a control group. Biochemists at the [University of Sydney](#) ranked oranges—as opposed to their juice—high on a “satiety index” of filling foods. And substances in [grapefruit](#) and [tangerines](#) helped control obesity in lab animals at the [University of Western Ontario](#).

Nuts: Dieters who include nuts in a weight-loss regimen may [cut more pounds](#) and shave more inches from their waists, finds a Purdue University review of research. While the tasty snacks can be fattening in moderation—almonds and pine nuts pack about 160 calories per ounce, and pecans about 200—they also contain fiber and heart-healthy Omega-3 fats.

Raspberries, blackberries and pears: One recent [study](#) at Brigham Young University reported that overweight women dropped more pounds and flab for every gram of fiber they added to their diet. You may already know that good-for-you green veggies, beans and whole grains deliver this dietary bonus. But several luscious fruits—raspberries, blackberries, and pears, in particular—boast even more fiber than broccoli, with just a few more calories per cup.

Water: A [study](#) of 48 middle-aged, overweight adults at Virginia Tech University showed that drinking water before meals dulls the appetite of dieters and improves their results. And a small study in Germany suggested that water ingestion might actually give a temporary boost to the [metabolism](#) of normal-weight adults.

Yogurt and other dairy products: A [clinical study](#) of 34 overweight women at the University of Tennessee determined that those who consumed three helpings of yogurt a day on a low-cal diet shed twice as much weight and 61% more fat—including dangerous belly paunch—than those who did not eat yogurt. The yogurt-eaters were also less likely to lose muscle—which routinely incinerates more calories than fat does. And a [2009 study](#) in the Netherlands indicated that dairy protein may accelerate the metabolism whether subjects are awake or asleep.

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To learn more about healthy eating, see the USDA's [Dietary Guidelines](#). To see more about how fruit and vegetables promote weight loss, see the [Centers for Disease Control website](#). You may also like these related articles: "[Developing an Optimal Eating Plan](#)," and "[Free Weigh Loss App Combines Calorie Counter and Food Diary](#)."



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