

# **Awesome Weight Lose Slimming Tips For Losing Weight Quickly!**

## **Bonus! Food Guide\***

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**Attention Reader**  
You just read few tips on losing weight in this report but you can lose weight quickly without compromising with your health.  
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Hello all, a lot of people try to reduce the weight, but with no success. It doesn't matter what they do to achieve it but they are simply not able to make anything work for them. If some of them are able to do it, then possibly they put a lot of harm to their bodies and are totally unaware about it. No problem! Here I am going to share with you some of the great tips to lose weight. These tips will do nothing but will help you to lose weight quickly and without compromising with your health.

**Don't Overeat:** Few people feel shame leaving food in the plate. They think, if they will leave food in the plate then others will suppose that they were not eat to take what they took. But, you should stop as soon as you find that you are full. There should be no shame in leaving the food in the plate if it may ruin your health. Leave the habit of 'FINISHING' the food, otherwise, food will finish YOU!

**Walk instead of using vehicles:** Walking is a great exercise. You can also do some great tasks while walking and which are not possible when driving. For example, you can improve your stamina and reduce the cholesterol while walking. Not only this, people generally have some great ideas while walking. You can plan your tour, business meetings, marketing and even your household budget while walking. If the market is just close to your home then prefer going to the market on foot rather than taking your vehicle. In that way, you will also get time to watch beauty of the nature surrounding you.

**Plan your diet:** Few people, just to lose their weight, stop eating many things or eat really less. This is a 'perfect' formula to reduce your Hemoglobin, which will lead to weakness. In a week or two you will start feeling weak. If you want to control your weight then you must have a good diet plan. Go to a dietician and ask him what to eat to keep your weight low. Prepare a chart of

those things which are accountable for your extra weight. You must have a strong will power to leave those things which are really tasty but causing trouble for you, for example, chocolates and chips.

**Eat One Big Meal, Rather Than Snacking:** There is no big difference in eating once or several times a day if your total quantity of food is same. But, if you are taking several meals a day then it's most probable that you will gain some extra pounds. Not only this, it will not give you a proper feel of 'full'. When you don't feel 'full' your mind ask you to eat more so you continuously feel like 'starving'. So, taking a big meal once will you a satisfaction and you won't need to eat again and again.

**Don't Cross Your Boundaries:** If you are already dieting then this tip is essentially important for you. You know your body better than anyone. If you can keep dieting the whole week then why to break it on a Sunday or why to eat more when there is a holiday? Even a home made thing made by your wife may taste great, but don't opt for second, if you are conscious about your health. If you can't help yourself then nobody other can too.

**Choose Only Healthy Food:** if you've choices then go for simple vegetables and fruits rather than cakes and pastas. If you are still helpless and want to taste a cake then do ask the seller what that food contains. In that way, you can do a better judgement about the number of calories and the weight you are going to gain by consuming that particular food. If you've particular knowledge about of what kind of foods are causing weight then you can control them easily.

**Moderate Your Eatables:** if you can't resist tasting something then rather than eating in full, you can moderate and limit its quantity. In that way, you can do both the tasks. You can taste the item as well as keep yourself away from extra pounds. Keep maintaining balance between bad foods and good foods. Bad foods are those which put extra weights on your body without giving you any value and good foods are those which give you value but no extra weights. No one can go with you everywhere you go, so you are the only moderator who can moderate your diets.

**Drink In Moderation:** Here drink doesn't mean the hard drink. Anything, which is alcoholic or non-alcoholic, may put extra pounds on your body. Whether you are taking whisky or soda, that can add more weights and you gain extra weights. It doesn't matter whether you've a full time driver but never drink alcohol in excess. You're not only burning your liver but also gaining more toxic which are going to put adverse effect on your body. Clean water is always your great friend and protector.

**No Eating After 7 p.m:** I know, it's too difficult and 7 P.M. is too early! Most of the people don't go for a walk after their evening meal. If you also don't want to go anywhere after your meal then you should restrict yourself from eating after 7 p.m. but, if you can't stop then don't eat anything heavy like fish rather you can go for fresh vegetables and fruits. Most of the people drink beer in the evening too. That is the reservoir of weight.

**Drink More Liquids Than Eating:** Drinking liquids will fool your body into believing that it's full. Therefore, you can drink a lot of water, unsweetened tea or coffee, diet sodas, low calorie fruit smoothies or soft drinks (non-carbonated), etc. without feeling the guilt of over eating. Stay away from higher sweetened drinks as this will defeat the purpose of watching your weight.

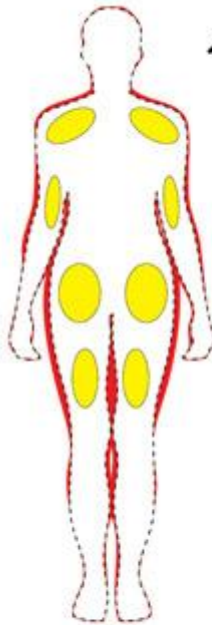
**Eat Something Before You Go For Shopping:** The idea behind is that, first, you won't buy any junk food when your stomach is full, because you won't be tempted to by them. Second, your calories will be burnt instantly when you go for shopping after your meal. Buy only things that you need. Don't buy anything to eat which you feel should be available at home as snacks.

**Plan Outdoor Activities:** Plan outdoor activities which don't involve 'EATING'. Going for shopping, buying Christmas gifts, and walking in the park are some great things to do. Not only this, you can go for skating, boarding, playing football and a lot of other things. To keep things interesting you can involve more stuff like bird seed etc. it will not only keep you fit, but you will feel having 'holiday' spirit in you.

A lot of more things are there which can be done to reduce weight quickly. The most important things are your will power and a proper schedule. Self control and self discipline are really necessary. Keep an eye on what you are eating and what are the ingredients. Every diet now a day have proper information about the %age of weight, calories, carbohydrates etc. printed on the pack and you must take care of these things too. If you plan everything you can control your weight in no time!

# Know Your Body Parts

Get the Weight Lose Slimming Tips Guide That Will Work on your Body Type



I am the Muscular Type!

Celebrities with this body type:  
Kim Kardashian, Ameesha Patel, Ayesha Takia.

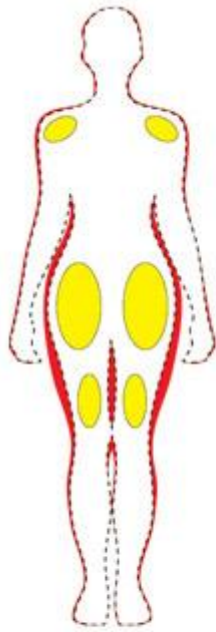
Body Structure:  
broad shoulders, strong muscular limbs, straight trunk, no much waist, narrow pelvis, non flaring hips.

Metabolism:  
Anabolic, tend to body build and gain weight in the upper part of the body tend to get an apple shaped looking body

Weight gain:  
Front of abdomen, shoulders, build muscle mass easy and make good athlete tendency to produce more male hormones than other body types

Food cravings:  
Food high in cholesterol and salt. The body turns cholesterol into steroid hormones, which have body building effects

Cellulite:  
Abdominal area, trunk, upper buttocks



### I am the Hour Glass Type!

Celebrities with this body type:  
Katrina Kaif, Salma Hayek, Priyanka Chopra.

Body Structure:  
Curvy shape, small to medium shoulders, tapering small waist, wider curvaceous hips

Weight loss:  
Easy to lose weight in normal areas, hard to lose around thighs and buttocks, hour glass body types often have hormonal imbalance called 'oestrogen dominance' which means that there is too much oestrogen compared to progesterone.

Weight gain:  
Thighs, lower buttocks, resulting in a feminine and curvy shape

Food cravings:  
High in fat, high in sugar, which increases oestrogen sensitivity, leading to more cellulite in buttocks and thighs

Cellulite:  
Upper thighs, buttocks



### I am the Cuddly Type!

Celebrities with this body type:  
Jiah Khan, Paris Hilton

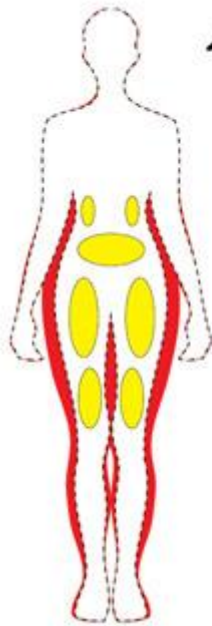
Body Structure:  
Look fatter than they are, bigger thighs, thicker neck

Metabolism:  
Very low, High fluid retention

Weight gain:  
Dairy products, Fats  
Food cravings:  
Foods high in cholesterol and salt. The body turns cholesterol into steroid hormones, which have body building effects

Cellulite:  
limbs (making them puffy)





**I am the Model Type!**

Celebrities with this body type:  
Jennifer Lopez, Minissha Lamba, Neha Dhupia

Body Structure:  
fine narrow bone structure, long limbs, dancer or model look

Metabolism:  
High metabolic rate

Weight gain:  
Hips, buttocks, upper thighs, chin

Food cravings:  
Caffeine, nicotine, artificial sweeteners , may skip meals, unstable blood sugar levels, can cause fatigue and sugar craving

Cellulite:  
if occurs, then in buttocks and back of thighs

# List of Natural Fat Burning Foods



What will you give me if I tell you that burning fat is the easiest thing in the world? And I am not kidding. By eating the right food items you can easily burn fat and reduce weight in a matter of a few months. How you ask? You will just need to change what you eat. Replace unhealthy toxic food items with healthy natural ones. In this article we are going to look at a free list of fat burning foods and how to intake them in the right manner.

## Can Food Really Burn Fat?

The answer to this question is a disappointing ‘NO’. No food item can actually help you burn fat contrary to popular claims. Then why call them fat burning foods? This is because eating these food products will help your body get rid of fat deposits even if not so directly. Let us look at how this works.

## How Do Natural Fat Burning Foods Work?

Before we proceed any further, let us find out how exactly fat burning foods work? To understand this, you need to understand why the body stores excess fat instead of flushing it out in the first place? The answer is that you never gave the body enough time to flush the fat out! The body requires time to detox. Yes, the fat stored is a form of toxin that needs to be flushed out but the body never gets enough time to detox. The body can detox only when the stomach is free from the process of digestion for quite a long time.

Does this mean that you should stop eating? Absolutely not. This means that you should eat foods that can be digested quickly so the body has time to start detoxifying. And that is exactly what fat reducing foods do – they are extremely easy to digest and at the same time they offer

energy to the body. So what are these foods that burn fat? They definitely have to be natural because any processed food requires a lot of time to get digested. They also have to be raw as cooked food takes time to get digested as well. In addition cooked food contains salt which in itself is a toxin. So any food that can help you burn fat has to be natural and raw. Plus it should give you enough energy to sustain.

So what are these foods? The best food nature can provide – Fruits and a few vegetables. Let's look at foods that burn fat:

### **List of Best Fat Burning Foods**

The following list of foods consist of fruit and vegetables that are easy to digest and do not product harmful toxins, starch or fat thereby giving the body ample time to start detoxifying the excess fat.

#### **Raw Apples**

This fruit contains the highest percentage of a soluble fiber, and is extremely easy to digest. Apples contain approx 14 grams of carbohydrate per serving and 1.4g of dietary fiber. Just like any other fruits they are devoid of starch and fat which are the main trouble makers

#### **Bananas**

Yes that is right. Bananas are not fattening. Infact they contain a lot of carbohydrates that give ample energy to the body. Bananas can be fulfilling and most people have been known to live eating only bananas!

#### **Tomatoes**

This wonder vegetable is also known to be a good anti-cancer agent. Tomatoes should be eaten raw as part of daily salads. Tomato can be eaten along with other fruits. Make sure not to fry tomato as fried tomatoes become toxic

#### **Dates**

Dates are rich sources of carbohydrates and dietary fiber and can be digested easily by the body. Dates contain 18g carbohydrates, 1.6g dietary fiber and 16.0g natural sugar per every date (24 grams). Dates make great snacks

#### **Raw Carrots**

This vegetable is used to fill your stomach so you would not eat anymore rather than anything more deep – some people consume a raw carrot immediately after a meal so there would be no space left in the stomach for the dessert. In this way the fattening dessert is replaced with the carrot which is definitely more healthy for the body. Include raw carrot, beetroot and cucumber in a salad and include this in your daily diet.

## **Raw Mangoes**

Mangos are a complete food in themselves. Mangoes offer 28g carbohydrates per serving along with 3g dietary fiber and 24g natural sugar.

## **Raw Oranges**

This fruit as well as the other citrus fruits are rich sources of Vitamin C which is essential for speed up the body's metabolism. Oranges and vitamin C make an excellent combination against fat.

## **Spinach**

Another one of the fat flushing foods, this vegetable is well known also for its capacity to combat anemia as well as an anti-cancer agent.

## **Vitamin C rich fat flushing foods**

Other than the citrus fruits, there are many more fruits that are rich with this crucial vitamin. These too, could join the low fat food list given above – cabbage, watermelon, asparagus, blueberry, beet root, and the broccoli among others.

The foods that you have read about above are also called the negative calorie foods, implying that these fat burning fruits can actually burn the calories in the body by giving the body enough time to flush toxins. If you combine these foods with a simple yet regular exercising regime, you would definitely be able to loose weight and maintain it at the levels you are comfortable with it. So plan a diet of fat burning foods and get rid of fat the healty way without actually dieting.

## **Eating to Burn Fat**

I am not asking you to completely switch over to eating fruits and raw vegetables. In-fact that won't be a possible option for many of you who are addicted to salt, meat and cooked food. The simplest way is to start eating fruits for breakfast. Is that too much to ask for? The body is active in the morning and is ready to flush toxins. Feeding the body simple fruit rich diet can help the body concentrate on flushing toxins instead of reverting the attention back to digestion. If you plan on consuming these fruits as fruit juice then remember to not add sugar or water. Adding sugar will spoil the whole thing. You can also consider eating only fruits and raw veggies on weekends or at-least one day a week. If you find the results effective, do it for 2 days a week and then 3 days. For most of us, a 1 day fruit only diet combined with a fruit only breakfast diet should do wonders. For more indept information on fat burning foods read our guide on fruit diet for weight loss.

# What does a healthy diet consist of?



The first

requirement for a healthy diet is that it should be free of meat.

That's right no non-vegetarian food is good for the human body. Whether it be mutton, fish, beef or chicken, none of it is beneficial towards your health.

The ideal diet should consist of the below

- Fruits (for breakfast)
- Vegetables raw and steamed (for lunch) along with rice if you want
- Vegetables raw and steamed (for dinner)
- Nuts like peanut, cashew, almonds and other dried fruits for snack

If you stick to this diet it would be impossible for any disease to effect have a hold on you. Your mind would clear and body will feel fresh. You will feel alive with energy.

## **The role of condiments in cooking**

While we are discussing healthy diet it is important to understand the effect of condiments in cooked food. Is it good for you?

The answer is no, not at all. All condiments serve to do is stimulate your nerve ending which is bad for you. Nerve like to stay in a soothed state.

What the usual condiments you use in your cooking: Salt, chilly, vinegar, mustard and various other spices.

Spices are used to add taste to food. They serve no purpose as far as health is concerned. You will derive no benefits out of eating spice because they are dead food. Salt is processed deal inorganic product. Your body hates it.

It is not possible to digest salt or any other spice for that matter. Salt is irritating to the linings your stomach. In order to flush salt from your body there craving for water which you experience as excessive thirst after a meal. Salt is poison for your body.

Various diseases including high blood pressure are link to salt intake in our flood. In order to flush out the salt, blood carries more water and thus blood plasma becomes thin. This results in high blood pressure.

### **What does a healthy non-vegetarian diet consist of?**

If you must eat non-vegetarian it is best to eat it with raw vegetables. The water content of the vegetables will aid in the digestion of meat and you will not face ill effects like constipation.

Never mix rice, baked & fried potatoes or any other starchy food with non-vegetarian food. Its toxic for digestion. Each meat when you eat meat, don't mix it with any other food except raw vegetables. You will be amazed at the digestive benefits.

So great combinations for non-vegetarian food would be as below

Grilled chicken with a vegetable salad made from tomatoes, radish, carrot and cucumbers (with the dressing of your choice). Just make sure you don't put salt or vinegar in your salad.

Grilled fish with steamed broccoli, cauliflower and carrots.

Grilled meat or roasted meat with big plate of raw vegetables consisting of cabbages, radish, cucumbers, tomatoes and beet.

Grilling your meat is way better than frying it or roasting it in oil. When you grill the meat the fat does not get charred. Roasting meat leads to the production of several carcinogenic toxins which are highly harmful.

Broiled meat is the second best choice. Avoid salt as much as possible. If you must use salt, go in for sea salt it much less harmful. But make sure you use salt in as little a quality as possible.

Never mix rice or starchy food with meat as it causes several digestive problems. Starchy food requires alkaline juices for digestion whereas non-vegetarian food requires acidic juices. The

acid and alkaline juices mix in the stomach and neutralize each other, and the food does not get digested at all.

## **Beginning With Jogging – The Best Exercise to Burn Calories**



Jogging is probably the easiest way you can burn those calories and reduce fat deposits and it is also the most ignored. People tend to go for high tech gym workouts but easily forget that a simple running exercise like jogging can help them get far more benefits than any hard workout can. Here are some important jogging tips for beginners.

### **What is Jogging?**

Jogging is a low impact form of exercise which involves running slowly at a pace of six miles per hour. Some other light impact exercises in addition to jogging are stair climbing, swimming, cycling or walking instead of jogging. We will discuss these later.

### **Beginning with jogging**

The best time to jog is in the morning. So set your alarm and wake up around six in the morning. If you find that difficult, make it 7 am. But beyond that you will not be able to get the maximum benefit of jogging. This is because early in the morning, the air is fresh and the oxygen content in the air is high. When you jog in the mornings and gasp for breath your lungs are filled with oxygen which is needed to burn off calories. As the day progresses, the oxygen content in the air

reduces and thereby you lose something you could have so easily got if only you got up a few hours early.

So as a first jogging tip, make it a habit to go to bed early and walk up early. Try to keep two alarms. One to go off at 6.00 AM giving you a signal that it is time to wake up in another hour and another to go at 7.00 AM when it is time to get up and go for jogging.

You can also use indoor jogging track but the best way to go jogging is by going out of your house in the open. The beach is a good place to jog, but the best place is a garden with plenty of trees. These areas are rich sources of oxygen early in the morning.

### **Getting ready to go jogging**

Jogging can be made more beneficial by drinking a lot of fluids, especially water. After getting up in the morning do not eat anything. Just wash your mouth and drink at least half liter of water. Don't drink too much as you will have difficulty running. Make sure that you do not eat anything and leave the stomach empty. If you feel too tired, you can carry along some fruit juice that you can drink on the way. Citrus fruit juices are the best.

### **Warming up**

Before you start to jog, warm up your body. You can do this by skipping or jumping in the same place. Sit-ups and stretches are also a good way to warm up your body. Once you feel energetic, start to jog slowly. Do not jog for more than a kilometer for beginners. You can slowly increase the area you jog as the days progress and your body gets used to the jogging schedule.

### **What to wear while jogging?**

While jogging, wear something lightweight. Do not put on tight pants. Keep it loose. This is because, your body will sweat as you jog and loose clothes will ensure proper perspiration. Keep in mind that the more you perspire the better. Take it as a sign that your body is burning down those calories and fat.

### **What to do when feeling too tired?**

If you are just starting out, then chances are that you might feel too tired at times. If this happens, stand or sit down in one place and practice deep breathing. Inhale deeply and fill up your lungs with air. Drink energy fluids like fruit juices. This will help you get back on your feet and jogging in less time. Hope these jogging tips helped you.

So until then.. happy jogging!



# Workouts and Exercises for Belly Fat Reduction



Who does not want to be slim and attractive – man or woman – every body like a well shaped body and wish they had one as their age advances. The weight gain most often is like the age that creeps up on us – secretly engulfing us until the signs of aging surprise us in the mirror. All of sudden you would observe that along with tiny wrinkles you also gain a rounder belly cause of fat.

In most cases, if caught in very initial stages, the fat around the belly can be controlled with a definite correction in the diet. However, once the fat has established itself around your middle, it would be quite difficult to get rid of stubborn belly fat.

## Exercises for belly fat reduction are given below:

**Standard crunches** – You need to sleep on your back with your knees bent, and then with your hands kept on the chest lift your shoulders off the ground. Change the crunches to the next level after a week or so, by keeping your hands at the side of the head and lastly keeping your hands above your head.

**Reverse curls** – lying down on the back with the knees bent, pull up your knees to the chest, keeping the hips on the floor to the maximum possible extent. While doing the exercises, concentrate on your breathing technique.

**Combination of both the crunches** – sometimes, when you are experienced enough with the first two exercises, you could combine them and continue with this until you find in yourself the desire results and start losing stomach fat.

### Myths Against Facts

**Spot reductions are possible naturally** – there is no way you could reduce only the fat that has accumulated around your midriff through exercises. Other than surgical removal of this fat or liposuction, there is no way you could get rid of this fat. No exercises known to humans today can only target the fat around the midriff.

**Ab exercises would replace the fat with muscle mass** – this is another major myth. There is no way by which the abs exercises would replace the fat around the middle unless you create a deficit in the intake of the calorie. One of the best ways to achieve this is to design a workout consisting of strength training, aerobic exercises and a much disciplined diet.

**Quick-fix exercises** – there is no such thing as quick-fix exercises for reducing the fat you have accumulated around your middle. You would find many advertisements announcing exactly this slogan. However, be aware that there is no such thing. You would need to undergo a whole regime of exercises that aims at removing fat from all over your body and only then you would find relief from the fat that has accumulated around your belly

**Posture is not important** – there could be nothing further from truth. The way you stand can determine the way your abdomen is shaped. You need to pay attention on the way you stand. In case you do not know what is a correct posture – knees should be ever so slightly bent, your shoulders totally drawn back and your neck and head evenly balanced (your head should not be seen as leaning forward).

### Diet Tips for Belly Fat Reduction

**Start Your Day With a Raw Food Breakfast:** Breakfast is the most important meal of the day and this also has to be the most healthy meal of the day. Make your breakfast a cleansing diet. 4 days a week, eat a breakfast consisting of only salads made of green veggies and sprouts. You can include cucumbers, raw carrots, dates, raw tomatoes, sprouts like sprouted groundnuts, sprouted peas. A healthy breakfast is great for belly fat reduction.

The remaining 3 days eat a breakfast purely consisting of fruits like guava, bananas etc.

**Avoid Fried and Junk Food:** Stay away from junk food, but don't torture yourself. Give into your cravings once or twice a week so you can stay focused longer.

**Reduce Sugar & Dairy:** Reduce the consumption of sugar and dairy products including cheese and butter.

# Top Ten Exercise Tips



1. See your doctor before you start any exercise program. Get a full physical to make sure everything's in working order, then find a personal trainer in your neighborhood and make an appointment with him or her for a consultation. Most trainers will give you a free consultation and help you figure out what your fitness level is, your body fat and circumference measurements, and the right way to start a program.
2. Start Slow! Many beginners make the mistake of doing too much when they first start out. If you haven't worked out in a while (or ever) start with a walking program of about 20 to 30 minutes, 3 days a week. Each session, add a few minutes to your workout to progress each week.
3. Write down your workouts every day, making notes about what you did, how you felt and how you improved since your last workout.  
Schedule your workouts each week, just like you would a doctor's appointment.
4. Harass your best friend, spouse or significant other into working out with you!
5. Every day, ask yourself how you will make your life healthier. It can be as simple as drinking more water or parking farther away from the front door.
6. Reward yourself! Give yourself a massage when you reach your goals, or maybe some new workout clothes.
7. Set daily or weekly goals. Long term goals are great, but are so far away we often forget why we're working so hard. To stay motivated, write down a daily or weekly goal and then follow number 7 (rewarding yourself) if you reach it.
8. Prepare for your workout the night before by packing your gym bag or, if you work out at home, laying out your workout clothes so when you get home, you're ready to go.
9. Eat regularly throughout the day so you don't bonk during your workout.

# How to eat fruits effectively and benefit from detox diet



Did you know that there is no purpose served by your detox diet if it is not life long?

Several people think detox diet is a regimen to be followed for a month or two. This is wrong thinking. Detox diet should be an eating practice followed everyday for a life time.

Are you shocked at the prospect of eating lettuce and grated carrots for the rest of your life?

“Advertising is a ten billion dollar a year misunderstanding with public”-Chester L. Posey

The misunderstanding about detox diet recipes is a result of the various quick fix techniques employed by more dieting plans advocated by weight loss industry which spends millions on advertisement.

## **The True Blue Detox Diet Recipe**

Let me clarify on what a detox diet (mistakenly called raw food diet) should consist of. You will find that it is way more tasty and filling than any restricted raw food diet you are upto.

- You can take this as a free daily diet plan, you are welcome.
- Start your morning with a big glass of fresh fruit juice (any fruit would do)
- Keep eating fruits every time you feel hungry till noon

- Have what you feel like for lunch but with a plate of vegetable salad
- Don't take any fruits before, after or during a meal
- Its best to skip eating fruits for the rest of day
- Have what you like for dinner but with a huge plate of vegetable salad
- That's it! This is your detox diet.

Do you find anything repulsive about it. Does the thought of having juicy fruits daily in the morning feel like bore? As far as I know, everyone just loves fruit.

### **Transition to raw diet only in the morning**

That's all that you need to change. Make sure you have raw fruits, fruit juices or a fruit salad in the morning. Don't mix vegetables and fruits, there is a reason why I say this. Don't mix cooked food and fruits ever, that's extremely bad for digestion of fruits.

Transition to a raw food diet has never been so easy especially since you need to do it only in the morning and you get to eat your fill of juicy fruits. Its not a raw food diet at all just healthy food. Talk about double advantage on a detox diet.

Just remember the following important points

- Take only fruits till noon
- Never mix fruits with vegetables
- Don't eat fruits before, after and during a meal
- Eat fruit only after 2 hours of a vegetarian meal or 5 hours after a non-vegetarian meal

Compare this with what normal raw food diets consist of. Most people I have know take raw fruits and vegetable together, which is a mistake.

### **What you did not know about fruits**

Fruits don't need to be digested

Yeah, that's a fact. Fruits go to the stomach and from there they more to the intestines within 10-20 minutes at a maximum. The only exception would be bananas and dry fruits which usually take around 45 minutes to an hour.

A detox diet recipe consisting of a vegetable and fruit mixed salad is all wrong because vegetable need to be digested for 2 hours while fruits require no digestion. Mixing them would cause the fruit to stay in the stomach with the vegetable for 2 hours and get fermented.

When you take fruits you should allow a period of 20 minutes before taking any other cooked food or vegetable.

When you have cooked food you should allow a period of 2 hours (if its vegetarian food) or 5 hours (if its non vegetarian food) before taking fruits. If you take fruits with cooked food it will stay in the stomach while the cooked food is digested. Any fruit will start going stale in a hour's time.

Can you imagine what happens to the fruit that stayed in your stomach for 5 hours?

It will be completely fermented. This fermentation is similar to alcohol and does damage to your liver. To top it all there is no nutritional value left in the fruit after fermentation as it is considered to be a toxin and is immediately discard.

### **Hassle free, daily diet plans**

If you are in a hurry to reach office it might be difficult to munch on fruit salad, instead just have a huge glass of thick fruit juice like a banana, apple or mixed fruit.

Banana takes around 45 minutes to be digested and hence will stay in your stomach longer, so you will not feel hungry. In the office make sure you have fruit juices during your coffee break, almost all cafeteria serve fresh fruit.

Just make sure you don't add any sugar or milk to the fruit juice. It should be pure and natural fruit juice.

# 10 Healthy Eating Guidelines to Keep Your Body Fit and Fine



Believe it or not an effective healthy eating plan can help you lose more weight than even exercise. And the best part is that eating healthy is not all that difficult. You just have to follow a few simple rules to enjoy the varied benefits of health eating. So let us look at the top 10 guidelines to healthy eating.

## Important Healthy Eating Guidelines

To ensure you don't read it and forget it, we recommend that you take a print out of these healthy eating guidelines or bookmark this article to your PC. So here are the top ten guidelines coming your way:

### **Drink Plenty of Water and Not Soda**

Cut down on soda and replace soda with chilled water. Soda and fizzy drinks do more harm to your system than you can ever imagine. So stop taking them today or at-least cut down on them. This applies to diet soda or drinks as well. The fact is that diet drinks are just a marketing gimmick and are no better than the ordinary ones.

Replace soda with chilled water and drink plenty of it. I am not asking you to over drink too much water at the same time. Drink water consciously throughout the day. How about half a liter of water every hour?

Drinking enough water at proper intervals will help your body burn more calories and detox. Going to the restroom often is also a great exercise!

Lukewarm water is even better than chilled water but I don't want to push you to the edge.

Note: Drink less water when you are having important meals of the day. Water can slow down digestion by mixing up with the digestive juices.

Tip #1: So the healthy eating habits tip number one is to replace soda with water and drink lots of it at regular intervals

### **Eat slow and consciously**

No matter how hungry you are make a conscious effort to eat food slowly. Food is meant to be tasted and enjoyed and is not meant to fill up your stomach to the maximum. So eat your food slowly by chewing it properly. Do not watch T.V. or involve yourself in a conversation while eating. Eat consciously knowing what you are eating and how much of it you are eating.

Eating slow will help the body digest food more effectively and in addition you will not overeat as your hunger will subside faster.

Tip#2: So tip number two is to eat slowly and consciously. In other words, respect and enjoy your food.

### **Give up on milk and milk products**

Most people think that milk is a healthy food, but the fact is far from the truth. Milk and milk products like butter, cheese etc. are the main reason for the formation of fat deposits in our body. So give up on these and do not eat any food materials that make use of milk products. Yes, this includes pizza.

Having a cup of tea or coffee is fine but you can always consider switching to black tea if you are an addict.

Tip#3: So eating healthy guideline number three is to replace milk and milk products with soy milk and soy milk products

### **Be a vegetarian once a meal**

Take one meal of the day and make it completely vegetarian. I would suggest having a vegetarian dinner. When you go to bed after a dinner, a vegetarian meal would be much easier to digest and will not result in fat formation.

Include fruits, whole grain and green vegetables in your vegetarian meal. Eating mashed potatoes is not very healthy. So make sure to include green leafy vegetables and salads.



Tip#4: Tip number four for health eating is to eat a completely vegetarian meal rich in fruits and green leafy vegetables once a day

### **Eat your important meals on time**

Make it a habit to eat your breakfast, lunch and dinner on time every day. This is very important. Eating on time will pretty much solve all your digestion related problems. If you have issues keeping up with your eating time, try setting an alarm to remind you when it's time to eat.

Tip#5: So healthy eating guide number five is to eat your important meals on time

### **Snack healthy and snack yourself between meals**

Don't leave your stomach empty for a long period. If you leave your stomach empty chances are that you might overeat during meals (even unknowingly). So snack yourself between meals but make sure you snack healthy.

Snacks do not necessarily mean fried chips, bread, crackers or burgers. Snack healthy with salads, whole fruits, unsalted nuts (avoid peanuts and cashews), dry fruits like dates, puffed rice, homemade popcorns (avoid pre-packaged popcorn), lean meats and whole grain foods. Sunflower or pumpkin seeds are also great snacks. You can chew them all the time and still stay safe of additional calorie intake.

Tip#6: So tip number six for health eating is to snack healthy and not to leave your stomach empty for a long period of time so you can avoid overeating during meals.

### **Learn to cook and avoid the three unhealthy whites**

Learning to cook can help you figure out all the stuff that goes into your food. This will also mean that you can avoid unhealthy food ordered from hotels. You will now be in a much better position to judge what to eat and what not to eat.

Minimize intake of the three unhealthy whites; sugar, salt and white flour. All these three white products are bad for your health. Make it a point to reduce their intake as much as possible. Cooking on your own will ensure that you make minimal use of the above.

Tip#7: Tip number seven is to learn cooking healthy meals

### **Don't skip breakfast, eat it as early as possible**

Eat your breakfast as early as you can in the morning. This will give an early kick start to your body's metabolism. But no matter what you do, do not skip breakfast. Breakfast is the most important meal of the day and a healthy breakfast ensures a healthy lifestyle. Skipping your breakfast ruins your body's metabolism which can actually result in your body gaining more weight.

Eating regularly every morning can slowly improve your body's metabolism which will help you lose weight in the long run. A healthy breakfast also ensures that you do not get involved in binge eating in the later part of the day.

Tip# 8: Tip number eight of this healthy eating guide is to eat your breakfast regularly and as early as possible

### **Keep a food journal**

Keep a food journal and keep noting down what ever you eat during the day without fail. At the end of the day, go through the notes and try to figure out the amount of calories and fat you would have possibly gained or lost today in comparison to the previous day. Keeping a journal will help you keep a track on your eating habits. This will subconsciously help you eat healthy foods and avoid the bad ones.

Tip#9: Maintain a food journal and update it constantly. Read it at the end of the day and end of every month to understand your eating pattern

### **Share your food**

Enjoy the spirit of giving by sharing your food with your friends or with someone in need of food. Think about this when you are overeating. Overeating is nothing but a waste of precious food. Your body does not need all that food. So why overeat? Think about people who are not privileged and share your food with them.

The spirit of giving can help you in more ways than one. Human beings are all part of a single chain. Helping others will earn you their good wishes and the more good wishes you have the more easily you will achieve what you want. This includes losing body weight.

Tip#10: Tip number 10 is all about the spirit of giving. Share your food and stop overeating.

Take a copy of these healthy eating guidelines and refer to them whenever in doubt. Here's wishing you happy healthy habits.

# Stir-Fried Zucchini with Hoisin Sauce recipe

## – 75 calories



### Ingredients:

- 2 medium zucchini (approximately 1 lb)
- 2 teaspoons Hoisin sauce
- 1 tablespoon soy sauce
- 1/2 teaspoon salt
- 1 clove garlic, minced
- 1 tablespoon canola oil or peanut oil
- 1/2 teaspoon sesame oil
- 2 teaspoons dry sherry
- 1 teaspoon chili flakes
- 1/2 teaspoon sesame seed, toasted

### Preparation:

1. Quarter the zucchini lengthwise.
2. Slice off the soft seed core.
3. Arrange the zucchini, cut side up, on paper towels.
4. Sprinkle with salt, and set aside for about 10 minutes.
5. Blot the zucchini quarters dry with paper towels.
6. Cut the quarters into 2 inch lengths.
7. In a small bowl, mix the Hoisin sauce, soy sauce, sesame oil and sherry.
8. Heat a wok or large skillet over medium-high heat for about 1 minute.
9. Pour in the canola/peanut oil; when the oil starts to shimmer and ripple (very hot), add the zucchini.
10. Saute the zucchini for about 4 minutes (until it browns and slightly softens; don't overcook-

it might turn mushy).

11. Add the garlic and chilli flakes, saute for about 15 seconds.

12. Add the sauce mixture; stir and cook for about 20 seconds (just long enough for the liquid to reduce and coat the zucchini).

13. Remove from the wok, sprinkle with toasted sesame seeds and serve immediately.

**Servings:** 4

**Nutritional information for one serving:**

Calories: 75

Calories from fat: 41

Total fat: 4.6g

Cholesterol: 0mg

Total carbs: 5.7g

Fiber: 1.5g

Protein: 1.9g

## Light Tiramisu recipe – 151 calories



**Ingredients:**

8 inches angel food cake

1 (8 ounce) package reduced-fat cream cheese

3 tablespoons coffee liqueur

1/2 cup sifted powdered sugar

1 (8 ounce) container frozen light whipped dessert topping, thawed

2 tablespoons coffee liqueur

1/4 cup fat free sour cream

1/4 cup strong black coffee

2 tablespoons coffee liqueur

**Preparation:**

1. To prepare the filling: in a large bowl, combine the cream cheese, 3 tablespoons coffee liqueur and powdered sugar. Beat with an electric mixer on medium speed until smooth and blended. Stir in 1/2 cup of the whipped dessert topping and set aside.
2. To prepare the frosting: in a medium bowl combine the remaining whipped dessert topping, 2 tablespoons liqueur and sour cream. Set aside.
3. Cut the angel food cake horizontally into 3 layers, using a serrated knife. Place 1 layer on a serving platter and the remaining 2 layers on large dinner plates. With a skewer, poke holes in the tops of all 3 layers.
4. In a small bowl, combine the 2 tablespoons coffee liqueur and strong coffee; drizzle over all the 3 cake layers.
5. Spread the bottom cake layer with half of the filling. Add the middle layer, spread with the remaining filling and finally add the top layer. Frost the cake with the frosting.
6. Cover and chill in the refrigerator for up to 4 hours before serving.

Servings: 16

**Nutritional information for one serving:**

Calories: 151

Calories from fat: 23

Total fat: 2.7g

Cholesterol: 8mg

Total carbs: 25.3g

Fiber: 0.1g

Protein: 3.5g

# Tom Yum (Spicy Thai Soup) recipe – 143 calories



## Ingredients:

- 1 lb shrimp or chicken, cut up
- 1 1/2 cups mushroom, sliced
- 1/4 cup tomatoes, chopped
- 4-5 tablespoons fish sauce
- 4-5 kaffir lime leaf
- 2 tablespoons red chili pepper (or to taste), freshly ground
- 7-8 tablespoons lime juice
- 1 stalk lemongrass, cut into 1/2-inch pieces
- 1 tablespoon chili paste, in soy bean oil
- 3 cups water

## Preparation:

1. In a medium saucepan, pour the water and place over high heat on stove; bring to a boil and add the kaffir lime leaves and lemongrass; cook for about 2 minutes.
2. Reduce the heat to low, add the fish sauce, chili paste in soy bean oil, fresh ground red chili and lime juice.
3. Add the mushrooms and tomatoes; cook for several minutes.
4. Add the shrimp or chicken; turn the heat to high (do not stir).
5. When the shrimp or chicken is cooked, continue to cook for about 2 more minutes.
6. Serve with hot rice.

Servings: 4

**Nutritional information for one serving:**

Calories: 143

Calories from fat: 19

Total fat: 2.1g

Cholesterol: 172mg

Total carbs: 5.7g

Protein: 25.1g

## Diabetic Biscotti recipe – 111 calories



Here's a wonderful biscotti recipe that can be enjoyed by everyone. It's easy to make and has a great taste from the spices. You can use toasted almonds or walnuts if no hazelnuts are available.

**Ingredients:**

1/4 cup finely chopped hazelnuts

2 cups all-purpose flour

1 1/2 teaspoons baking powder

1/2 cup sugar substitute (granular low-calorie sweetener)

1/4 teaspoon salt

1/2 teaspoon cinnamon

1/2 teaspoon ground nutmeg

1/3 cup butter

2 eggs

1/4 cup granulated sugar

1 teaspoon vanilla extract  
1/2 teaspoon almond extract

**Preparation:**

1. Roast the hazelnuts in a shallow pan in a 350° F oven for about 10 minutes. Rub the warm nuts vigorously in a tea towel to remove the bitter skins.
2. In a bowl, combine the flour, baking powder, sweetener, cinnamon, nutmeg and salt.
3. In another bowl, cream the butter and sugar until fluffy.
4. Beat in the eggs, almond and vanilla extracts.
5. Stir in the flour mixture and hazelnuts.
6. Divide the dough in half. Shape into 2 logs, 2 inches wide and 12 inches long.
7. Spray a baking sheet with some nonstick coating. Bake the bars at 325 degrees F until golden brown (about 25 minutes).
8. Remove and let cool for 5 minutes.
9. Cut the bars diagonally into 21 slices about 1/2 inch thick.
10. Lay the slices on a baking sheet, return to the 300 degrees F oven and bake for about 10 more minutes. Remove to a wire rack and let cool completely before storing in airtight container.

Servings: 21

**Nutritional information for one serving:**

Calories: 111  
Total fat: 4.4 g  
Cholesterol: 20.1 mg  
Sodium: 99.4 mg  
Total carbs: 15.5 g  
Fiber: 0.5 g  
Protein: 2.1 g



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Weiling. Cheng.