

[Infographic] 15 Fruits That Actually Can Help You Lose Weight

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While trying to lose weight, it's always good to know the right foods to eat, such as vegetables, red meat, fruit, etc. In fact, there are many different fruits that have amazing weight loss capabilities. Each fruit has its own way of working, whether through speeding up metabolism or some other action.

Avocado

#1

Avocado, also called the wonder fruit, has more fat in it than any other fruit. Although avocado contains high amounts of fat, its 20 grams of mono-unsaturated helps lower both cholesterol and hunger levels, which in turn causes the person to eat less. The rest of the fat content is insignificant.



#2

Pear

Due to their high fiber content, pears are an excellent food for losing weight. In fact, a single pear contains around 20 percent of a person's recommended fiber intake. Fiber helps the body burn fat through aiding digesting and metabolism. The high sugar content will give one sufficient energy.



#3

Blueberry

Blueberries are a great source of vitamins and antioxidants. Aside from that, they have a low calorie count as well. The antioxidants inside the blueberry destroy free radicals in the body that lead to not only weight gain, but many different diseases. On top of that, they're loaded with insoluble fiber, aiding in weight loss even more.



Apple

#4

Avocado, also called the wonder fruit, has more fat in it than any other fruit. Although avocado contains high amounts of fat, its 20 grams of mono-unsaturated helps lower both cholesterol and hunger levels, which in turn causes the person to eat less. The rest of the fat content is insignificant.



BANANA

#5

Bananas are a great food for satisfying a sweet tooth. Not only do they help keep a person full, but they speed up metabolism as well. They only contain around 105 calories, so one doesn't have to worry about consuming too many calories. Bananas are also a great source of b vitamins, including thaimine, riboflavin, niacin, folate and B-6, which all speed up one's metabolism.



#6 COCONUT

To be more specific, it's actually coconut water that's beneficial for weight loss. In fact, coconut water has the highest fiber content in the world. To top it off, coconut water is extremely low in both calories and fat. At the same time, one can benefit from the various vitamins inside coconut water. All of this combined makes coconut one of the best foods for losing weight, but why stop there.



#7

DRY FRUITS

Dry fruits include any fruit that has had its water content removed, leaving behind the essential goods. Dry fruits have been proven to reduce cholesterol and burn excess fat. Because these fruits are loaded with sugars and carbohydrates, they make a great hunger eliminator.



LEMON

#8

For years, lemons have been known as the ultimate weight loss food, which has been confirmed through scientific explanation. Lemon just so happens to be a very powerful liver detoxifier, which activates enzymes in the liver that prevent fat build up. On top of that, lemon juice will speed up one's metabolism. When it comes to lemons, one doesn't have to really worry about calorie count.



GRAPEFRUIT

#9

Like lemons, grapefruit is a great food for losing weight. It has been found to lower both blood sugar and insulin levels in the body. It's also got a very high fiber content and low-calorie count. Surprisingly, eating grapefruit can reduce fat accumulation by one-fifth.



#10 POMEGRANATE

Although pomegranate has been known to boost the immune system, it's weight loss capabilities weren't well known until recently. It turns out that the tiny seeds in a pomegranate are ridiculously high in fiber. These seeds have also been found to block triglycerides, which are detrimental to one's body. The high fiber content combined with the triglyceride blocking action makes it a great weight loss alternative.



#11

ORANGE

The overall energy density of oranges is very low, making it very low in calorie count. This means that one can consume a bunch of oranges without taking in a significant amount of calories. Vitamin C, which is abundant in oranges, has also been found to burn fat to some degree. One study found that people who consume oranges have a lower body mass index.



PAPAYA

#12

Papaya is low in both overall calories and fat, containing a number of different vitamins and minerals, including iron, calcium, riboflavin and even a few enzymes. However, it's the enzymes that are attributed for the fruit's weight losing capabilities. These enzymes burn fat through aiding digestion in the stomach area. Papaya is a decent fat burner, as long as one can get past their unique taste.



TOMATO

#13

One study found that drinking tomato juice for eight weeks straight lead to an entire inch loss in waist. This is primarily due to the vitamin C and lycopene within the tomato, which burns fat by increasing the production of carnitine in the body. Lycopene further aids in weight loss by destroying free radicals in the body.



#14

PEACH

Peaches are the ideal food for killing sugar cravings. On top of being very low in calories, peaches contain large quantities of both vitamin A and C. The dietary fiber contributes to its weight losing capabilities even further. Both the vitamin C and fiber combined make a great weight loss cocktail. However, what makes peaches effective at losing weight is their ability to crush hunger.



#15

CANTALOUPE

Although a cup of cantaloupe has only 60 calories, it has been known to keep people full for considerably long periods of time. What's even weirder is its protein content, which very few fruits have. One can also look forward to a blast of vitamin C, copper, magnesium, potassium, b1, b2, b3, b6 and folate. Cantaloupe primarily makes one lose weight through hunger quenching.



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