This Is My Life My Diet

By Robert Bridgen

Preface

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Great Foods To Help You Lose Weight

Here we have the best foods to have in your diet. If you have these foods in your diet you are

guaranteed To lose weight.

Water

This is the best drink you can have. Water is also a natural appetite suppressant and also helps in flushing out toxins from the body. Staying hydrated will help you feel more energetic and active. All this helps in losing weight

Green Tea

Is any other food or drink reported to have as many health benefits as green tea? The Chinese have known about the medicinal benefits of green tea since ancient times, using it to treat everything from headaches to depression. In her book *Green Tea: The Natural Secret for a Healthier Life*, Nadine Taylor states that green tea has been used as a medicine in China for at least 4,000 years.

Today, scientific research in both Asia and the west is providing hard evidence for the health benefits long associated with drinking green tea. For example, in 1994 the Journal of the National Cancer Institute published the results of an epidemiological study indicating that drinking green tea reduced the risk of esophageal cancer in Chinese men and women by nearly sixty percent. University of Purdue researchers recently concluded that a compound in green tea inhibits the growth of cancer cells. There is also research indicating that drinking green tea lowers total cholesterol levels, as well as improving the ratio of good (HDL) cholesterol to bad (LDL) cholesterol.

To sum up, These are just a few medical conditions in which drinking green tea is reputed to be helpful

Apples

People who eat 1 or 2 apples a day may lose more weight than those who don't add this fruit to their diet. The reason for weight loss is due to the fact that eating apples before meals helps fill up your stomach faster. Apples are low in calories and have high pectin content. Its a great snack between meals. The only thing with apples is the sugar content Just do a little bit extra exercise.

Oranges

Citrus fruits are packed with vitamin C. It helps in reducing insulin levels, boosts metabolism and promotes healthy weight loss.

Oatmeal

Oatmeal gives us our share of vitamins, minerals and antioxidants that our bodies need each day to function properly. Oatmeal is also a good source of protein, complex carbohydrates and iron. Another health benefit to eating oatmeal is that the nutrients and fiber it contains can help you lose weight and fight off certain types of cancer.

Other important foods are:

- broccoli,
- low fat yogurt,
- pears,
- soup,
- lean turkey, Chicken
- hot peppers,
- almonds,
- beans,
- spinach,
- eggs,
- chicken breast,
- olive oil,
- berries,
- oily fish like salmon and tuna , white fish
- dark chocolate (that's right – but make sure it includes little or no sugar)
- green leafy vegetables the more the better,
- whole grains,
- watermelon,
- kiwi fruit,
- baked potato

- Use Extra Virgin Olive Oil

- Mega3 Eggs

- Bread Whole Wheat

- Cerial with no sugar

- Common Sense

- Use a smaller plate / You must eat every 3 or 4 hours.

- Do not eat after 8pm

Do not sell yourself short.

You *CAN* do this! Believe in yourself, and have faith!

You are *choosing* to do the right thing for your body.

Please keep in mind, that ANY weight loss begins with you...and *ONLY* you. If you don't decide right now to change your habits...then you are doomed to fail. You must take action. *ACTION* being the key word here. Only you can do this . You must decide that you are going to change your eating habits. You must decide no one else it is up to you. To take action.

Do not sell yourself short. You *CAN* do this! Believe in yourself, and have faith! You are *choosing* to do the right thing for your body.

To Your Success!

Robert Bridgen