**Eat to Lose: Foods That Support Weight Loss**

It seems like most diets offer a series of food restrictions, and there’s something about the foods being forbidden that just tempts us more. Instead of focusing on what not to eat, let’s look at what foods promote weight loss. Adding fruit and vegetables to your diet lets you bulk up your meals without the added calories. Nuts make a perfect mid-day snack, and adding spices to your meals will kick-start your metabolism. You don’t need manufactured diet bars and powdered shakes; fuel your body with these foods for optimal health, great taste and weight loss.

**Fruits and Vegetables**

You’ve heard it before. I’m sure you never get tired of being told to eat your veggies: enter vivid memories of Grandma telling you to eat your peas. The thing is, there is truth to it. Raw fruits and vegetables are packed with vitamins, and your body has to work harder to digest it, sometimes burning even more calories then you actually ate.

Fruit and vegetable juices cleanse and energize, and promote weight loss. With virtually no fat, and very few calories, fruits and vegetables are high in fiber, vitamins and minerals. They eliminate wastes quickly and help reduce cravings for sweets. Raw fruit and vegetables reduce body acids and contain minerals and enzymes that satisfy the body's nutrition requirements with less food.

Make vegetables part of every meal, and train your body to accept some sweet melon as a treat instead of reaching for artificially sweetened food.

Nuts

Some of us heard the “eat nuts” advice and ate trail mix by the handful then wondered why we were gaining weight. Instead of salted, flavored or trail nut mixes, choose raw organic nuts of your favorite variety. Rich in Omega 3, a handful of nuts will suppress your hunger, give you a shot of protein and help you burn fat faster by contributing to a healthy metabolism.

Nuts make the perfect mid-afternoon snack. As you feel your energy levels dipping, and food cravings set in, a few organic nuts should tide you over until dinner. They are delicious too!

**Spices**

Adding spice to your dishes will speed up your metabolism. That pinch of cayenne pepper in your pasta sauce isn’t going to replace daily exercise, but it certainly will support your weight loss efforts. It could however increase your metabolism by up to 25%.

The top ten spices for good health, detoxify, fight disease, aid digestion, promote mental health and speed up your metabolism. Add these to your diet for greater health.

* Cinnamon
* Ginger
* Oregano
* Turmeric
* Garlic
* Red Pepper Flakes
* Cardamom
* Cumin
* Rosemary
* Cloves

You can’t lose weight if you aren’t healthy, and spicing up your dishes is a great step toward overall health, and ultimately, weight loss.

Bulking up on produce, grabbing a handful of nuts daily and spicing up your menu will all support your weight loss goals. Add these to your diet and you’ll quickly begin to feel healthier and more energetic.