

THE **76**
Healthiest
FAT BURNING
SUPERFOODS

TABLE of CONTENTS

4 6 REASONS WE'RE FATTER THAN EVER

4 #1 INFLAMMATION

4 #2 ACIDOSIS

5 #3 BLOOD SUGAR IRREGULARITIES

6 #4 EXCESSIVE SUGAR CONSUMPTION

6 #5 INTESTINAL PERMEABILITY (LEAKY GUT)

7 #6 EXCESSIVE CONSUMPTION OF OMEGA-6 VEGETABLE OILS

8 HOW TO REVERSE THESE FATTENING PROBLEMS

9 FAT FIGHTING FRUITS

1. Blueberries	9
2. Raspberries	9
3. Strawberries	10
4. Pineapple	10
5. Apples	11
6. Pears	11
7. Oranges	12
8. Grapefruit	12
9. Dragon fruit	13
10. Durian	13
11. Mango	14
12. Kiwi	14

15 TRUE SUPERFOODS

13. Cacao	15
14. Camu Camu	15
15. Lucuma	16
16. Aloe Vera	16
17. Bee Pollen	17
18. Marine Phytoplankton	17
19. Acai	18
20. Yacon	18
21. Noni	19
22. Reishi	19
23. Maca	20
24. Goji Berries	20
25. Chlorella	21
26. Spirulina	22
27. Golden Berries	22
28. Chicory Root	22
29. Mangosteen	23
30. Acerola Cherries	23

24 GREENS POWDERS

31. Wheat Grass	24
32. Barley Grass	25
33. Alfalfa Juice Powder	25

26 HEALTHY FATS

34. Coconut Oil (MCT Oil)	26
35. Olives and Olive Oil	26
36. Cold-Water Fish (Fish Oil)	27
37. Butter (Grass-Fed)	27
38. Flax (Seeds and Oil)	28
39. Walnuts	28
40. Brazil Nuts	29
41. Macadamia Nuts (Macadamia Oil)	29

30 BLOOD SUGAR AND APPETITE STABILIZERS

42. Apple Cider Vinegar	30
43. Chromium	30
44. Lemon	31

32 NUTS AND SEEDS

45. Pistachios	32
46. Cashews	32
47. Pecans	33
48. Pumpkin Seeds	33
49. Chia Seeds	33
50. Hemp seeds	34
51. Ground Flax Seeds	34

35 STARCHY CARBS

52. Sweet Potatoes	35
53. Yams	36
54. Beets	36
55. Carrots	37

38 GLUTEN-FREE GRAINS

56. Quinoa	38
57. Buckwheat	39
58. Amaranth	39
59. Millet	40
60. Gluten-Free Oats	40

42 NUTRIENT DENSE ANIMAL FOODS

61. Eggs (Pasture-Raised)	42
62. Organ Meats (Organic)	42
63. Oysters	43
64. Grass Fed Beef	43

44 LEAFY GREENS

65. Watercress	44
66. Arugula	44
67. Beet Greens	45
68. Mustard Greens	45
69. Kale	46
70. Swiss Chard	47
71. Spinach	47

48 BRASSICA

72. Brussels Sprouts	48
73. Cabbage	49

50 BEANS AND LEGUMES

74. Lentils	50
75. Kidney Beans	50
76. Chickpeas	51

52 THE 41 MOST NUTRIENT DENSE FOODS



THE 76 Healthiest FAT BURNING SUPERFOODS

When it comes to burning fat and losing weight it is a little bit more complicated than simply eating less and moving more. There are actually many reasons for why more than $\frac{2}{3}$ of Americans (and westerners in general) are now overweight.

Often, when you feel hungry it is because your body is trying to fill its need for nutrients. When you eat poor-quality foods on a regular basis, your brain will increase your appetite in an effort to obtain the nutrients your body needs to function at optimum levels.

Unfortunately, the foods we crave are not always healthy and nutritious. In fact even when we try to eat a healthy diet, it can still be difficult to get all the nutrients our bodies need.

The truth is, there are foods that will give you the most bang for your nutritional buck. And the best part is, not only will these foods make you healthier and give you more energy, they will also help you burn fat and lose weight!

Inside this book you'll discover 76 superfoods that help combat each of the 6 major reasons people gain weight.





6 REASONS WE'RE FATTER THAN EVER

#1 Inflammation

Inflammation is a condition in the body that is associated with many diseases, among them, obesity. Inflammation can begin in the fat cells themselves. When you gain weight, your fat cells expand and inflammation increases making it that much harder for you to lose weight.

One of the reasons for this is because the excess fat puts additional stress on all the cells in your body. Another reason inflammation occurs is because as sugar gets shuttled from the blood and into the fat cells by insulin they begin to produce free radicals which also cause inflammation inside of the cells.

Excessive inflammation in the body also causes inflammation in the brain. When this happens your brain no longer receives the “fullness” signal from your satiety hormone leptin. Inflammation also causes the cells in your body to become resistant to important hormones like insulin, leptin, and thyroid hormone. For example, inflammation causes resistance to insulin at the cellular level, which can lead to type 2 diabetes.

Obesity also contributes to inflammation by enhancing certain genes involved in the inflammatory response. These genes increase the amount of macrophages, a type of white blood cell, in the blood which play a key role in inflammation. This means the more body fat you have the more inflammation you will have and the harder it will be for you to lose weight and burn fat. As you will soon learn, there are also many foods and dietary habits that cause inflammation in the body as well.

The superfoods you'll discover in this book all act to cool inflammation in your body. Eat them and your body will thank you.

#2 Acidosis

Every cell in your body must remain within a specific pH level (pH is a measure of the acidity or alkalinity of the body) in order to function properly. Changes in your pH levels most often occur due to lifestyle factors, such as eating unhealthy processed and fast foods.

If your body (specifically your blood) becomes acidic, it will begin to set up defense mechanisms to keep the damaging acid from hurting your vital organs. For this reason, your pH is tightly regulated.

This is essential because when your pH levels fall out of their optimal range, the important systems in your body don't function properly, some even fail.



When your blood is slightly alkaline your red blood cells are also better able to deliver oxygen throughout your body. Because oxygen is essential for high energy levels, you pretty much feel “blah” and have low energy when your bloodstream is too acidic.

An acidic pH has considerable influence over the majority of weight problems, including diabetes and obesity. A recent study of 1000 people conducted at the University of California demonstrated that overweight men and women store more acid in their fat cells than their healthy weight counterparts.

This acidic build up is likely due to the enormous amount of acid-forming processed, prepackaged, fast food many people tend to eat nowadays. The truth is your body's natural response to acidosis is to store excess acid in your fat cells.



This is your body's way of protecting your delicate blood vessels and organs from being damaged by too much acid. When this occurs it becomes much more difficult to lose fat because now your body is using it as a reservoir to store all the acid. This is why maintaining the proper pH in your body is one of the only long-term solutions to shed excess fat.

If there is less acid in your body, you won't need the fat to store it in. When your body is slightly alkaline, it will be more likely to "let go" of the excess fat because it won't need it anymore. Make sense?

Because acidosis is perceived as a state "stress" by your body, your adrenals will also pump out more cortisol (one of the stress hormones). Too much cortisol overtime tells your brain to "store fat" as means of preserving energy.

Excess cortisol and acidosis can also impair the functioning of the thyroid gland (the gland responsible for your metabolism).

This may lead to hypothyroidism (under-active thyroid) resulting in a lowering of your resting metabolic rate. The result—a tougher time burning calories and easier time gaining fat!

With all of that being said, it's easy to see why many of the people I have worked with have found that alkalizing their diet has helped them to lose excess fat and feel better than ever.

Once again, many of the foods you'll uncover in this book are naturally alkalizing, which will help you release excess acid and thus fat.



#3 Blood Sugar Irregularities

Every time you eat food moves through your digestive system eventually making its way into the intestines where it (specifically carbohydrate) is broken down into glucose molecules. The glucose is then absorbed into your bloodstream causing your blood sugar level to rise. This in and of itself is not detrimental to your health. As a matter of fact, if your blood sugar went down to zero you would die!

However, if your diet consists of foods that are high in refined carbohydrates and sugar, it can elevate your blood sugar to dangerously high levels. When your blood sugar rises above optimum levels, your pancreas is triggered to begin producing the hormone insulin. Insulin's job is to "escort" or carry the excess sugar out of the blood and into the muscles, liver, and fat cells where it can be utilized as fuel or stored as fat.

This is exactly what happens in healthy individuals, however, individuals who are significantly overweight, have insulin resistance (pre-diabetes), or are diabetics it's a different story. One issue diabetics face is that their cells stop responding to insulin because it is constantly "knocking" on their "doors" (cell walls) to bring the excess blood glucose in.

To give you a better idea of what I mean you can compare insulin to someone who keeps calling your phone or knocking on your door over and over and over again. Eventually you will stop answering; this is the same thing that happens in your cells.

This phenomenon is called insulin resistance because the cells are no longer "sensitive" to insulin and it is usually the first step to developing full blown diabetes. When your body is flooded with insulin it will be more likely to convert every calorie into fat.

High blood sugar and insulin levels will also cause your body to secrete high levels of cortisol a stress hormone that causes the storage of abdominal fat. As you will soon see there are even more reason why maintaining healthy blood sugar and insulin levels are so important for weight loss.

Many of the foods, spices, and herbs in this book are not only low on the glycemic index—meaning they won't spike your blood sugar—but they also help your body better manage your blood sugar levels.



#4 Excessive Sugar Consumption

If you want to lose fat, refined sugar your worst enemy. The sugar found in candy, cakes, cookies and other processed foods specifically increase belly fat. And there are dozens of hidden sugars that are just as bad. In order to grasp this concept you must first understand, as I mentioned above, every time we eat, no matter what the food, it will get broken down into glucose (sugar) which then enters the blood stream causing our blood sugar levels to rise.

You now know that it is insulin's job to remove excess sugar from the blood and that excessive insulin levels in the blood can lead to insulin resistance, however, this isn't the only bad thing excessive insulin can do in the body.

Insulin is classified as an anabolic hormone. The term anabolic is used for anything that builds organs and tissues up or makes them bigger and this is exactly what it does to your fat cells.

So all the excess refined carbohydrates, candy, and baked goods we eat will likely end up in our fat cells because they have no limit to how big they can grow. Insulin also shuts down hormone sensitive lipase, which normally allows fat to be burned as fuel.

When we have high insulin levels less fat is broken down and more fat is stored. Finally, eating processed and refined foods causes a larger spike in blood sugar than healthy foods. In an attempt to remove this large amount of sugar from the blood as fast as it can the pancreas will over produce insulin.

This over production of insulin will cause hypoglycemia or low blood sugar. This is the "crash" you feel after you eat a rich dessert or large refined-carbohydrate meal (like pasta). Low blood sugar can make feel lethargic, unable to focus, jittery, or anxious. What's worse is that hypoglycemia causes us to crave high sugar foods in order to alleviate symptoms and raise blood sugar levels and then the overeating/crash cycle continues.

The bottom line is that the more sugar you eat, the more you're going to spike your insulin and the more fat you are going to gain. Couple this with the fact that insulin resistance can quickly turn into full blown diabetes and you have a recipe for disaster.

#5 Intestinal Permeability (Leaky Gut)

The leaky gut story begins in a very important organ, your intestines. The intestines are so important because most of the vitamins, minerals, and other nutrients in the foods you eat are absorbed there. In order for the vitamins and minerals to be absorbed, the intestines contains microscopic pores so the nutrients can be transferred into the bloodstream. Once transferred, the nutrients are then shuttled and deposited all around the body by the blood.



The wall of the intestine is considered a semipermeable. This means the pores only allow certain things to enter the bloodstream and block other things from entering the bloodstream. For instance, specific molecules and nutrients are allowed to pass through while toxins and large undigested food particles are blocked.



The problem with leaky gut is that it causes the pores in your intestine to widen. When this happens, the undigested food particles and toxins that are supposed to be blocked can be allowed to make their way into the bloodstream. Because these items are not supposed to be in the blood they cause the immune to go into attack mode which can often lead to food allergies, autoimmune disorders, and chronic inflammation.

To give you an example, if you have leaky gut and you eat an apple, when it makes its way into your intestines, bits of undigested apple that should stay in the intestines, slip through the large pores directly into your blood. Because these particles are not supposed to be in your bloodstream the immune system identifies them as dangerous invaders.

Basically the immune system says, “Hey, this particle should not be here so we need to attack it with an immune response and build up antibodies to protect ourselves.” The problem is the immune system doesn’t just build up antibodies to the food particles; it attacks your healthy cells too. This is one of the ways food allergies and autoimmune disorders develop.

From an energy perspective, if your immune system is constantly working on fighting off these particles it has to work overtime leaving you feeling lethargic.

There are a few different ways you can develop leaky gut. For example, if you are chronically constipated, overtime the toxins in your stool will irritate the lining of your intestines. This irritation leads to inflammation which will cause the pores in the intestines to expand. If the irritation and inflammation are allowed to continue you will gain weight—your body’s defense mechanism for dealing with “stress”!

The other common cause of leaky gut is an imbalance of the flora inside your gut. We all have good and bad bacteria in our digestive system. When your gut flora is in balance the bad bacteria pose no threat. But when the bad bacteria outweighs the good, irritation and inflammation occur, again, causing the pores of the intestine to open up and your ability to lose weight to go down.

In my opinion, leaky gut is a huge issue that the conventional medical community seems to ignore. As a holistic nutritionist, one of the first things I focus on with my clients is healing the gut. Luckily, there are a number of different ways to do this including eating any of the 76 foods you will learn about here.

#6 Excessive Consumption of Omega-6 Vegetable Oils



Vegetable oils are a type of polyunsaturated fat that I call “delicate” because they are very susceptible to light, oxygen, and heat. Unfortunately, most commercially available polyunsaturated fats (soy oil, corn oil, canola oil, etc...) are subjected to all three elements during the heavy refinement process used to create them. Couple that with the heat and light they are subjected to during shipping and you have rancid oil being placed on your grocery store shelves!

And if the thought of consuming rancid oil isn’t enough to make you sick they are also high in inflammatory omega-6 fatty acids which we are currently consuming way too much of in general. Having a healthy ratio of omega-6 to omega-3 is extremely important because when that ideal ratio is out of whack cardiovascular disease, cancer, and other diseases can flourish.

The inflammation caused by the over consumption of omega 6 is associated with insulin resistance (pre-diabetes) and obesity. So if you want to slim your waistline, it’s important that you nix the six!

The problem is, omega-6 is found in meats, prepackaged, and processed foods and, vegetable oil making it extremely plentiful in the Standard American Diet. Unfortunately, the typical American diet is also very low in omega 3 fatty acids.

To give you an idea of how askew our ratios have become, our Paleolithic ancestors had a 6 to 3 ratio of 1:1. Research shows our ratios are now in the range of approximately 20–30:1! This is why it is so important to minimize the amount of omega-6 you consume in your diet.



HOW TO REVERSE THESE FATTENING PROBLEMS



The 76 foods you're going to learn about in this book help prevent and reverse all 6 of these conditions. At last, you'll finally have a firm grip and why eating certain foods are the holy grail of health and a healthy bodyweight.

Throughout this book, I'll describe in more detail how each one contributes to gaining weight and how the specific superfoods combat that issue so that you can lose fat more quickly and for good.

If you're ready, let's jump in.



FAT FIGHTING FRUITS

1. BLUEBERRIES

It is well known that blueberries contain a slew of cancer and inflammation fighting antioxidants but that isn't the only reason you should be eating this fruit. Studies show that eating blueberries can reduce your blood sugar levels and increase your insulin sensitivity overtime.

In one study participants either drank a smoothie containing blueberries or one that did not twice a day for 6 weeks. The blueberry group had more of an improvement in their insulin sensitivity than the non-blueberry group.

Better insulin sensitivity and lower blood sugar levels are both extremely important for weight loss since high sugar and insulin levels lead to excess fat storage.

HOW TO USE THIS FRUIT

You can use blueberries in smoothies, salads, in chia seed pudding, or just on their own.



2. RASPBERRIES

Of all the berries, raspberries contain the most fiber. Of their 15 grams of carbohydrates per cup, eight are fat fighting fiber which is over 30 percent of the recommended intake. The fiber boost in raspberries will help keep you feel full for a longer period of time allowing you to eat less without getting hungry.

Raspberries have been shown to contain ketones, which has been shown in animal studies to prevent an increase in body fat.

HOW TO USE THIS FRUIT

You can use raspberries in smoothies, salads, in chia seed pudding, to sweeten up your oatmeal, or just on their own.



3. STRAWBERRIES

Strawberries are packed with antioxidants, fiber and Vitamin C. A whole cup of strawberries only has 49 calories but tons of minerals like magnesium, potassium and calcium. Getting a high amount of nutrients in such a low amount of calories is key to weight loss.

Strawberries have also been found to lower post meal blood sugar levels and an added bonus... they have also been found to reduce LDL (bad) cholesterol. Researchers believe specific antioxidants contained in strawberries block the activity of an enzyme responsible for breaking down starches into simple sugars so fewer sugars are released into the bloodstream.

This also reduces the amount of insulin released into the bloodstream which is great for weight control since insulin shuttles the excess sugar to be stored as fat.

HOW TO USE THIS FRUIT

You can use strawberries in smoothies, salads, in chai seed pudding, to sweeten up your oatmeal, or just on their own.

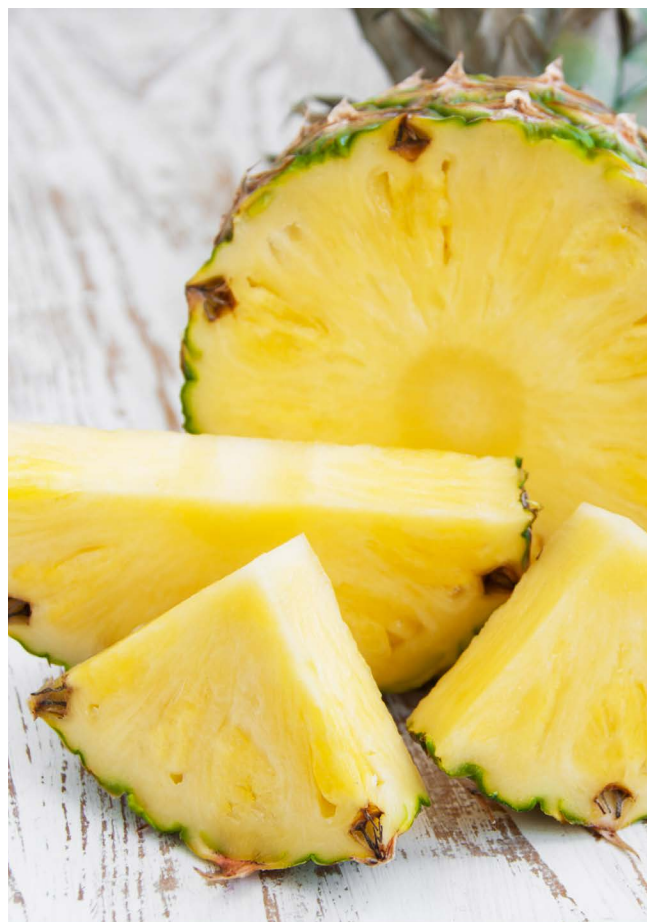
4. PINEAPPLE

Pineapples are a sweet fruit that contain vitamins and minerals like C, B1, manganese and enzymatic proteins. One of the most interesting enzymes in pineapples is bromelain. This enzyme increases digestion, improves immunity, and is anti-inflammatory all of which are essential for weight loss.

Bromelain actually breaks down proteins in your digestive track and stimulates peristalsis, the muscular contractions that eliminate waste from your intestines. This is important for health and weight loss because increased digestion boosts your metabolic rate, reduces toxins in the body, and increases energy levels.

HOW TO USE THIS FRUIT

Bromelain is found mostly in the core of the pineapple. You can add it to your smoothies or enjoy it on its own. One thing to keep in mind is that pineapple is a high sugar low fiber fruit so try to keep your portion sizes down to a minimum.





5. APPLES

Apples contain many of the vitamins and nutrients you need to keep you healthy but they are also high in fiber making them a pro weight loss fruit. Apples are specifically high in a fiber called pectin which is also used as a gelling agent to in jams and jellies.

Pectin delays stomach emptying which keeps you fuller longer. Research shows that pectin doubles the time it takes for the stomach to empty when compared to regular fiber. This means subjects stayed full twice as long, which is great for curbing your appetite.

HOW TO USE THIS FRUIT

Apples are a great fruit to eat as a snack when you are on the go, however, they can also be used in both savory and sweet dishes and pair well with an array of nut-butters. To get the most out of its pectin power, eat an apple prior to your meals.



6. PEARS

Eating unpeeled pears can help satisfy your hunger and prevent you from overeating. One study gave participants either 3 apples a day, 3 pears a day, or 3 low-fat cookies a day in order to determine how each effected weight loss. The researchers found that the pear group were less likely to overeat and lost more weight than the other groups. This is likely do to the high fiber and water content pears contain. Both elements fill you up without adding extra calories.

HOW TO USE THIS FRUIT

Pears are a great snack to eat when you are on the go. They can also be eaten hot or cold. One thing to keep in mind is that in order to reap their weight loss benefits pears should be eaten with the skin.



7. ORANGES

Oranges are low in calories but high in nutrients and fiber. Research shows that people who eat more fiber tend to weigh less than those who eat less fiber. One medium sized orange provides 3.1 grams of fiber which is approximately 12 percent of the daily recommended allowance for most people.

The fact that oranges are high in vitamin C might also increase weight loss. Some studies show that individuals who consume more vitamin C tend to have a lower body mass index than those who consume less vitamin C.

HOW TO USE THIS FRUIT

Oranges are another great “on the go” fruit. One important fact to point out is that the weight loss benefits do not translate to orange juice. The whole fruit must be eaten in its entirety to reap the results you are after.

8. GRAPEFRUIT

Adding grapefruits into your diet may help to counter act a high fat diet. Mice that were fed a high-fat diet and grapefruit gained 18% less weight than mice that where just fed a high-fat diet. The grapefruit eating mice also showed a 13–17% reduction in blood glucose levels and 3× lower insulin levels than the mice who did not consume grapefruit along with their high fat diet. Researchers believe this was due the compound naringin, a flavanoid found in grapefruit.

HOW TO USE THIS FRUIT

Grapefruit is another great “on the go” food, however, the whole fruit must be eaten in its entirety to receive its potential weight loss and blood sugar lowering effects.



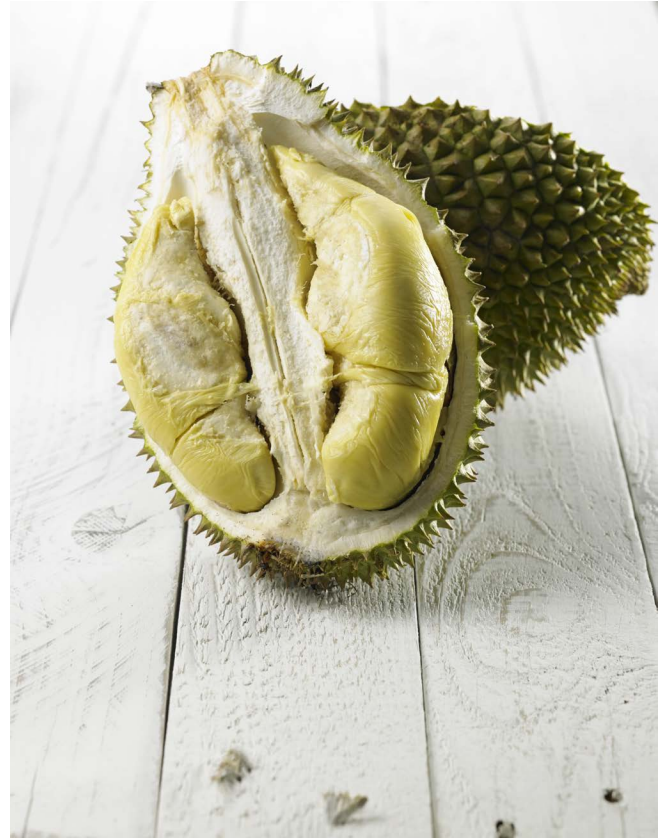
9. DRAGON FRUIT

Dragon fruit is a low calorie and filling fruit making it a great addition to any diet. One small dragon fruit only contains about 60 calories and is rich in vitamin C, B1, B2 and B3, and minerals such as iron, calcium, and phosphorus. This is important because filling your diet with more low calorie nutrient dense foods can help you lose weight because they keep food cravings at bay.

The high amount of fiber in dragon fruit can help stabilize your blood sugar levels. They also contain many anti-inflammatory compounds.

HOW TO USE THIS FRUIT

The easiest way to eat dragon fruit is to cut it in half and scoop out the fruit with a spoon.



10. DURIAN

Durian is a little-known Asian fruit that is high in fiber, loaded with sulfur (which gives it a very potent smell), antioxidants, and much like an avocado they are high in healthy fats. And unlike most fruits, durian contains a small amount of protein which is critical for muscle growth and repair. Eating durian has also been shown to give a slight boost to metabolism. Since it is so calorie and nutrient dense it causes the digestive system to work harder than it does with other fruits which causes your body to burn more calories.

HOW TO USE THIS FRUIT

Durian can be eaten directly out of the shell and has a custard-like consistency which can be enjoyed by the spoonful or added to a smoothie. However, since it is higher in calories and fat than other fruits it should be consumed in moderation.



11. MANGO

A half cup of sliced mango only contains about 50 calories making it a weight loss friendly choice. And because they have a high water content mangos will keep you full and hydrated. Some studies show that eating mangos can even aid in weight loss. One study found that subjects who consumed mango seed extract twice a day showed a larger reduction in body weight, body fat, waist circumference and cholesterol when compared to those who did not.

HOW TO USE THIS FRUIT

Because mangos are naturally sweet they are a good alternative to unhealthy desserts and sugary beverages. They also pair well with both sweet and savory dishes. I love adding mango to my salads or enjoying it with an avocado.

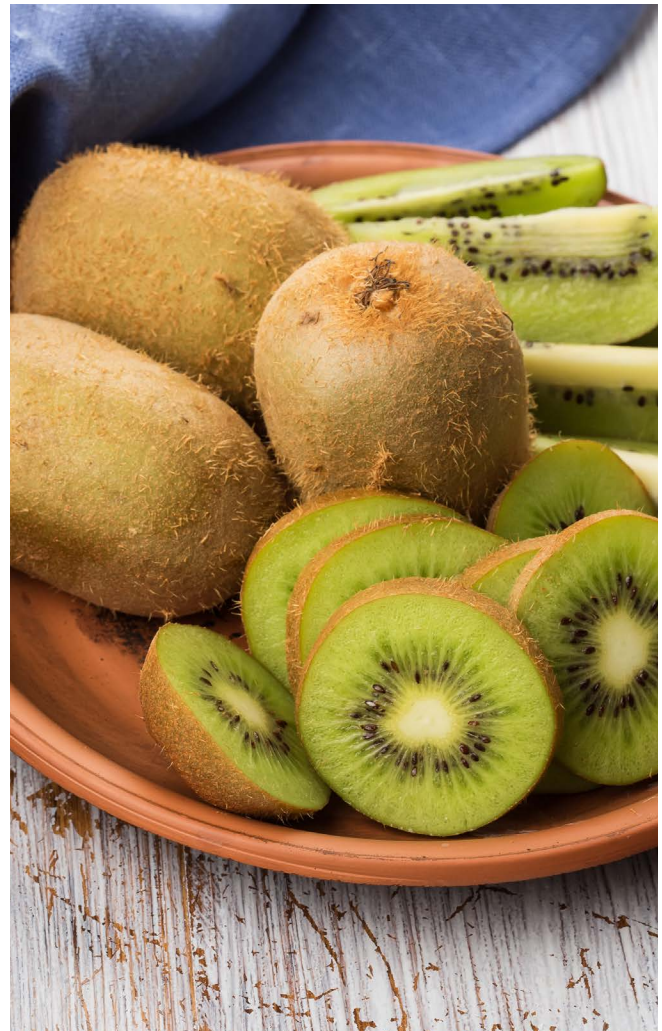
12. KIWI

One kiwi contains just 42 calories and a cup of kiwi contains 110 calories. Each fruit contains 2.1 grams of fiber which is about 8 percent of the recommended daily allowance. Research shows that people who eat more fiber tend to weigh less than those who don't. Eating this high fiber, high water fruit will allow you to feel fuller longer and may also reduce the amount of calories you absorb.

1 cup of kiwi also provides about 270 percent of the recommended dietary allowance of the powerful antioxidant vitamin C which help to reduce inflammation and free radicals in the body.

HOW TO USE THIS FRUIT

Eat kiwi alone, add it to your smoothies, or pair it with other healthy fruits to make a fruit salad.



TRUE SUPERFOODS

13. CACAO

Cacao contains 9 grams of fiber per 1-ounce serving which will make you feel fuller with fewer calories, leading to less food consumed. Cacao also contains antioxidants called polyphenols, which may help with treating obesity. In animal studies researchers found that after taking cacao, rats fed a high-fat diet gained less weight than those who did not take cacao. Researchers believe cacao has an effect on fat cell production that can have a profound effect on weight loss.

USING CACAO

Cacao nibs can be eaten alone or mixed in with other foods like nuts and seeds. Since they taste like chocolate they can be used as a healthy stand in when you want a sweet treat. They can also be added to a smoothie along with peanut and banana for a healthy sweet treat.



14. CAMU CAMU

Camu camu is a little-known superfood that packs a big nutritional punch. The most notable benefit to camu camu is that it contains more naturally occurring vitamin C than any other fruit in the world. These high levels of vitamin C help to reduce fat forming inflammation.

Camu camu is also rich in leucine an important amino acid our bodies need to for muscle recovery and growth and the production of growth hormone. They also contain serine an amino acid that aids in the digestion of proteins so they can be better used throughout the body.

HOW TO USE THIS FRUIT

Camu camu berries are not readily available at the supermarket; however, they are available in powder and pill form. Camu Camu powder can be used to add flavor to foods or in your favorite smoothie.



15. LUCUMA

Lucuma is an obscure fruit that has been used for centuries in South America for its medicinal properties. Most notable are its anti-inflammatory, anti-aging and skin-repair effects. Lucuma contains a considerable amount of potassium, sodium, calcium, magnesium and phosphorus. Specifically, lucuma provides 186 milligrams of phosphorus per 100 gram serving. This is important because phosphorus is necessary for bone and protein formation, digestion and hormone balance.

HOW TO USE THIS FRUIT

Lucuma fruit isn't readily available at the supermarket, however, the powder is. Lucuma powder has a sweet caramel taste so it can be used as a sugar substitute. Lucuma powder can also be added to any beverage, smoothie, yogurt, granola, or pudding.

16. ALOE VERA

Aloe Vera has been used for centuries for curing digestive issues. Aloe Vera juice contains many nutrients like magnesium, sodium, sulfur, phosphorus, and choline. Animal studies have shown that aloe vera contains properties that can improve body composition. In one study done using obese rats showed the rats had lower levels of abdominal fat consuming aloe vera for 35 days. There is reason to believe this effect may translate to humans too. One study found that obese individuals with diabetes or pre-diabetes who were given an aloe vera gel complex lost more weight and body fat than those who were not given the supplement.

HOW TO USE THIS SUPERFOOD

Aloe vera can be peeled and its gel eaten raw, blended into smoothies, or as juice. One thing to keep in mind is that aloe vera has a laxative effect so it should be added into your diet incrementally.





17. BEE POLLEN

Bee pollen contains almost all B complex vitamins, Vitamin C, Vitamin A, Vitamin E, folic acid, and carotenoids. Bee pollen has been shown to stimulate the metabolism and speed calorie burn. It also contains a substance called lecithin that has been shown to help flush fat from the body. This is one of the ways bee pollen lowers LDL cholesterol while also helping to increase healthy HDL cholesterol. Bee pollen also contains phenylalanine which has been shown to act as an appetite suppressant. It has also been shown to improve athletic ability and recovery from physical activity.

HOW TO USE THIS SUPERFOOD

Bee pollen granules can be sprinkled over granola and chia seed pudding, blended into smoothies, or added to other cold recipes. Do not heat bee pollen because it negates its health benefits.



18. MARINE PHYTOPLANKTON

Marine phytoplankton has the unique ability to unleash the full energy of your cells' mitochondria giving you more energy throughout the day. More energy means that you will burn more calories throughout the day. You will also be less likely to skip your workouts.

Marine Phytoplankton contains hundreds of different carotenoids, minerals, amino acids and nutrients. And compared to land-based plants (which are usually mineral deficient), ocean-based plants are naturally rich in ocean water minerals, including all the trace minerals that can prevent and reverse serious disease.

Beyond these trace nutrients, marine phytoplankton contains literally hundreds of potent phytochemicals that work in synergy to protect your body's tissues, detoxify your blood and remove toxins, enhance oxygenation and circulation and reverse abnormal cell division that can lead to cancer.

HOW TO USE THIS SUPERFOOD

Marine phytoplankton comes in liquid or powder form and it can be added to a wide variety of foods like soups, smoothies and shakes. I personally use Ocean's Alive (the best marine phytoplankton on the market) by adding a few drops in a glass of water.

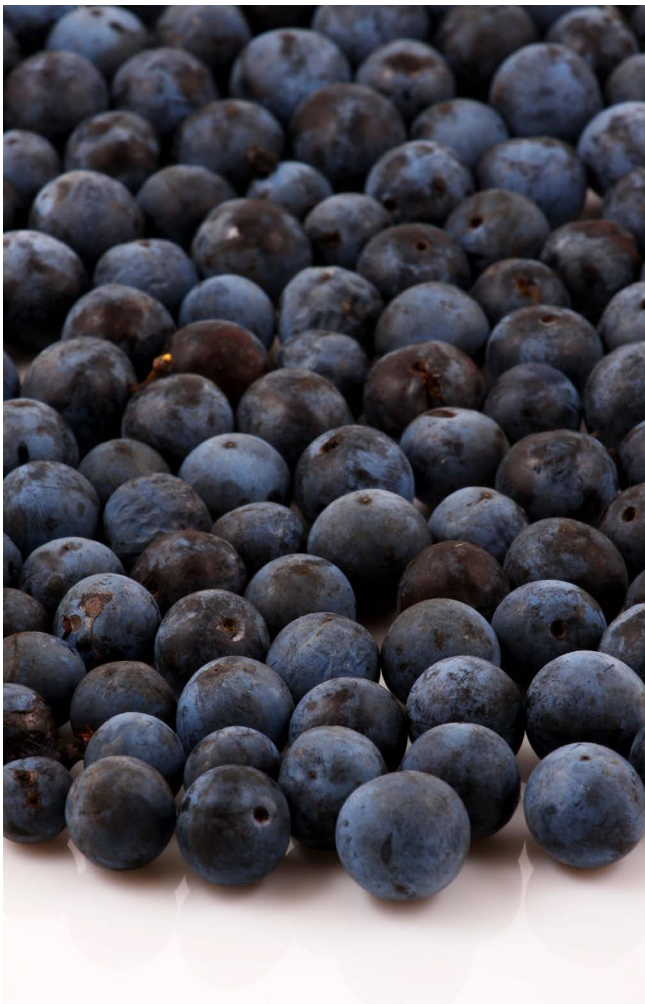


19. ACAI

This Brazilian superfood contains a combination of antioxidants, amino acids and omega fatty acids which all help to slow the aging process because they boost metabolic function and remove destructive free radicals from the body. Acai contains more of the powerful antioxidant anthocyanin than any other food. And acai's ORAC level (Oxygen Radical Absorbance Capacity) is over 3,500, which is hundreds of times higher than most fruits and vegetables. It might surprise you to hear that acai packs more grams of protein than an egg. This is important when it comes to weight loss because protein keeps you fuller longer than carbohydrates.

HOW TO USE THIS SUPERFOOD

Acai can be found in both powder and juice form. Either form can be added to smoothies, shakes, juices, oatmeal, or boiled as a tea.



20. YACON

Yacon is a root vegetable that is very high in soluble fiber and has been shown to be a powerful weight loss tool. One study found that overweight women lost an average of 2 pounds per week when given yacon extract for a four month period. It also caused their LDL ("bad") cholesterol to fall significantly.

Yacon also benefits the bacteria in the intestinal tract and colon that boost the immune system and aid digestion. And because of its sweet taste it can also be used to add sweetness to foods without adding calories and raising blood sugar levels.

HOW TO USE THIS SUPERFOOD

The flavor of fresh yacon can be compared to that of melon or apples and they have the consistency of water chestnuts. They can be added to salads or eaten plain.



21. NONI

The noni fruit is native to the Pacific Islands and has been used for its medicinal properties for centuries. Noni juice is known for being rich in antioxidants, which helps protect the body from free radicals and toxins. Studies show that consuming noni juice before meals can reduce the rate at which food leaves the stomach. This means you stay fuller longer. In animal studies noni juice has been shown to reduce body weight by up to 40%. It also improves triglyceride levels and blood sugar levels in animals.

HOW TO USE THIS SUPERFOOD

Drink 2 oz. of noni juice per day to reap the benefits. This can be split into 2 servings if you prefer. Noni juice can be consumed straight or added to smoothies and shakes.

22. REISHI

Reishi is a type of mushroom that has been shown to contain ingredients that increase your metabolic rate after they are eaten. When this happens you burn more calories throughout the day which can lead to weight loss. One way these mushrooms increase your metabolic rate is by increasing your ability to provide oxygen throughout the body. This allows your body to exert extra energy. Reishi mushrooms also contain polysaccharides that assist with digestion. This is another important benefit since efficient waste elimination is important for weight loss and detoxification.

HOW TO USE THIS SUPERFOOD

Reishi mushrooms are usually boiled and made into a tea since they have a hard texture and a slightly bitter taste. You can also benefit from its immune-modulating powers in supplement form.





23. MACA

The consumption of maca root has been shown to regulate, support, and balance hormone levels. It also improves fertility, digestion, energy levels, and sexual dysfunction. Maca contains adaptogens which have been shown to strengthen your body's immune system, improve emotional health, and allow you to better cope with stress. Considering stress' massive impact on weight gain, this is an important benefit. Maca also contains some energy enhancing properties that can lead to more stamina in your workouts equaling more calories burned.

HOW TO USE THIS SUPERFOOD

Maca is most commonly found in powder form. The powder can be added to smoothies or enjoyed by mixing it in water. It can also be added into oatmeal and no bake energy bars.



24. GOJI BERRIES

These little "Asian" berries provide many health benefits. They have been cultivated in Asia for over 2000 years, and have been nicknamed "red diamonds" due to their unusually high nutritional value. Traditional Chinese medicine was perhaps the first healing system to understand and utilize the berries for medicinal purposes, though their reputation continues to grow in the West, where many researchers regard them as "superfruits."

Research shows that goji berries help to improve immune function and prevent macular degeneration. Because goji berries are low in calories but rich in antioxidants they are the perfect addition to any weight loss diet. In fact, the goji berry contains approximately 500 times more vitamin C per weight than an orange and considerably more beta-carotene than carrots. These findings are reinforced by the goji berries' high Oxygen Radical Absorbance Capacity (ORAC) score of 3,290, which shows that they contain much larger concentrations of antioxidants than most other fruits.

They are also unique because unlike most fruits they contain all the essential amino acids giving them the highest concentration of protein of any fruit. Interestingly they also contain 15 times more iron than spinach.

HOW TO USE THIS SUPERFOOD

Goji berries are generally sold dry and can be added to smoothies, trail mix, boiled into tea, or eaten raw. I personally soak them in water before adding them into my chia seed pudding.

25. CHLORELLA



Chlorella is single-celled, freshwater alga that is full of magnesium, vitamin C, carotenoids, and antioxidants that can protect your body against inflammation. Research shows that chlorella can aid in weight loss. One study showed that women who added chlorella to their diet for a 16 week period lost body fat and lowered both their cholesterol and blood sugar levels.

One of Chlorella's most significant health benefits is that it wraps itself around stubborn toxins residing in our bodies including lead, cadmium, mercury, and uranium and keeps them from being reabsorbed. Regular consumption of Chlorella helps to keep heavy metals from accumulating in our body's fat stores.

Chlorella also helps to regulate hormones, helps with metabolism, improves circulation, and promotes higher levels of energy. It also helps to reduce weight and body fat, and removes stored toxins found within fat cells.

As our bodies lose weight, toxins are released, and can be reabsorbed. It is important to flush these toxins out of our system as quickly as possible. Chlorella's ability to surround the toxins and

heavy metals resident in our bodies helps facilitate elimination and prevent reabsorption.

Type 2 diabetes and high cholesterol are two of the serious chronic conditions facing many Americans today. Years of improper eating, stress and a lack of sleep have led many to one or both of these diagnoses.

In a study published the Journal of Medicinal Food, researchers found that doses of 8,000 mg of Chlorella per day (divided into 2 doses), helps lower cholesterol and blood glucose levels.

Researchers observed first a decline in cholesterol levels, and then the improvement in blood glucose. They believe that Chlorella activates a number of genes at the cellular level that improve insulin sensitivity, encouraging a healthy balance

HOW TO USE THIS SUPERFOOD

You may dissolve the green powder in water or blend it into a smoothie. You can also opt for a tablet or capsule if you prefer. When you buy this superfood make sure you look for products that have been tested and declared free of toxins.



26. SPIRULINA

Spirulina is a single-cell, blue-green algae that contains a vast array of nutrients, including protein, essential fatty acids, vitamins B, C, E and chlorophyll. At 65% by weight, spirulina contains the most protein of any food on the planet and features all the essential amino—an ideal addition for anyone who works out or is a vegetarian.

Another interesting fact about the protein spirulina contains is that it is 4 times more absorbable than beef protein. It also contains a substance called gamma linolenic acid, which has been shown to regulate your blood sugar and control insulin levels, which will help to minimize the chances of carbohydrate binging later in the day.

HOW TO USE THIS SUPERFOOD

Spirulina is typically consumed in capsule, tablet, or powder form. The powder form can be added to smoothies or fresh-pressed green juices.



27. GOLDEN BERRIES

Golden berries contain many vitamins like A, C, E, K1, B1, B2, and B3, as well as fatty acids and phytosterols but the best part about this superfood is amount of antioxidants that they contain. Their high antioxidant level is what makes them such a great anti-inflammatory food. And because they are sweet tasting yet low in sugar and calories they are often used in diabetic diets and products.

HOW TO USE THIS SUPERFOOD

Consider adding a handful of golden berries to your smoothies, yogurt, salads, and when dried you can add them to trail mix.



28. CHICORY ROOT

Chicory root is a type of fiber that unlike most fibers, acts as a prebiotic in the gut and has been shown to stimulate the growth of beneficial Bifidobacteria in the colon. This stimulates the immune system because it enhances the types and amounts of circulating lymphocytes and can also help to reverse leaky gut. Research shows that chicory root plays a beneficial role in both weight loss and weight management because of its satiating effects. Basically, it keeps you fuller longer so you eat much less throughout the day.

HOW TO USE THIS SUPERFOOD

Because chicory root is mostly used as a fiber supplement, the best way you can increase your intake is to eat foods that are fortified with it. However, be sure the foods you choose are made from real food, and chicory root should be the main ingredient.



29. MANGOSTEEN

Mangosteen is a fruit native to Indonesia that has anti-inflammatory properties. One study found that participants who drank mangosteen juice twice daily showed a significant reduction in inflammatory markers in their bloodstream when compared to the control group. Mangosteen is also chock full of antioxidants that fight against the free radicals that have been implicated in the development of heart disease and cancer.

HOW TO USE THIS SUPERFOOD

Mangosteen tastes like a citrus fruit with the texture of a peach, however, it is most often found in juice form. Simply cut it open and scoop out its garlic-like bulbs and enjoy.



30. ACEROLA CHERRIES

Acerola cherries have very high antioxidant levels. They also contain the highest content of vitamin C compared to any other berry. 100 g fresh acerola provides an astounding 1677.6 mg of vitamin C, which is about 1864% of daily-recommended intake. Eating as few as 2–3 cherries is sufficient enough to fulfill daily vitamin requirements. Consumption of foods rich in vitamin C helps the body develop resistance against infectious agents and to scavenge harmful, pro-inflammatory free radicals from the blood. Research shows these cherries help to lower blood sugar levels in type II diabetics. They have also been shown to improve physical endurance.

HOW TO USE THIS SUPERFOOD

Sliced fresh cherries can be added to fruit salad or fruit cups or they can be made into jelly or sauce. It can also be found in powder and juice form. When choosing vitamin C supplement, look for one that has vitamin C (from acerola cherries), not ascorbic acid.



GREENS POWDERS

31. WHEAT GRASS

Wheat grass averages 25% protein (more than meat, fish, eggs, beans or dairy products). It is also more concentrated in iron than spinach. Potassium, which wheat grass is full of, has been shown to help tone muscles and firm skin. The best part is you can get all the potassium you need from wheat grass, without all the calories from the potassium rich fruits such as bananas. Wheatgrass is a nutritionally powerful food that meets all of your body's nutritional requirements. This will help to reduce cravings, because your body has all of the nutrients it needs, resulting in lower caloric intake.



In addition to flooding the body with therapeutic dosages of vitamins, minerals, antioxidants, enzymes, and phytonutrients, wheatgrass is also a powerful detoxifier, especially of the liver and blood. It helps neutralize toxins and environmental pollutants in the body. This is because wheatgrass contains beneficial enzymes that help protect us from carcinogens, including Superoxide Dismutases (SOD), that lessens the effects of radiation and digest toxins in the body. It cleanses the body from head to toe of any heavy metals, pollutants and other toxins that may be stored in the body's tissues and organs.

Among other things wheatgrass juice is particularly high in chlorophyll. Wheatgrass cleanses and builds the blood due to its high content of chlorophyll. Chlorophyll is the first product of light and therefore contains more healing properties than any other element. All life on this planet comes from the sun. Only green plants can transform the sun's energy into chlorophyll through the process of photosynthesis. Chlorophyll is known as the 'life-blood' of the plants. This important phytonutrient is what your cells need to heal and to thrive. Drinking wheatgrass juice is like drinking liquid sunshine.

Chlorophyll carries high levels of oxygen, which is especially powerful in assisting the body to restore great health. The high content of oxygen in chlorophyll helps deliver more oxygen to the blood. Wheatgrass juice has been shown to increase red blood cell counts rise and blood oxygen levels rise very quickly with the regular drinking of wheatgrass juice.

HOW TO USE THIS SUPERFOOD

Wheatgrass is either taken as a juice or as powder. For best results, it should be juiced fresh. Wheatgrass juice has a strong flavor so it should be taken quickly like a "shot" rather than sipped like other juices.

32. BARLEY GRASS



Barley grass has one of the highest levels of the enzyme superoxide dismutase, which is a powerful antioxidant that protects the cells against toxic free radicals. Barley grass is also rich in chlorophyll, which has been shown to alleviate blood sugar problems. Balancing your blood sugar keeps your hunger in check by preventing mid-afternoon cravings. Barley grass and its powder have been shown to help stimulate weight loss when added to a healthy diet because it is high in fiber. Fiber also helps regulate your blood sugar and helps keep you full between meal times. Fiber also binds fatty substances in the intestine and excretes them as waste.

Large amounts of vitamins and minerals are found in barley grass leaves. These include potassium, calcium, magnesium, iron, copper, phosphorus, manganese, zinc, beta carotene, B1, B2, B6, C, folic acid, and pantothenic acid. Barley grass is said to have 30 times more vitamin B1 and 11 times the amount of calcium than there is in cow's milk, 6.5 times as much carotene and nearly 5 times the iron content of spinach, close to seven times the vitamin C in oranges, four times the vitamin B1 in whole wheat flour, and 80 micrograms of vitamin B12 per 100 grams of dried barley plant juice.

Barley grass, at the time it is harvested to make juice, is about 45 percent protein. It has almost twice as much protein as an equivalent amount of wheat germ and about five times the minerals which accompany animal protein, in addition the protein in barley grass doesn't come burdened with fat.

Like other greens, barley grass also contains a very high amount of the most chlorophyll, a natural detoxifier and energy booster.

HOW TO USE THIS SUPERFOOD

The best way to consume barley grass is to drink it freshly pressed. Barley grass is also commonly consumed in powder form which can be added to juice, water, or smoothies. Because of its amazing health benefits, barley grass is the leading ingredient in my Energy Greens powder.

33. ALFALFA JUICE POWDER

Alfalfa juice provides a large number of nutrients without increasing your caloric intake. A 2-ounce serving of fresh alfalfa juice contains only 38 calories per serving and 1.14 grams of total fat. It is also high in thiamine which helps your body convert carbohydrates into useable energy, as well as break down and use fats and proteins. Thiamine may also help with supporting your immune system and improving your body's ability to handle stress. A 2-ounce serving of alfalfa juice has 0.125 milligram of thiamine which is approximately 11 percent of the recommended dietary allowance for adults.

HOW TO USE THIS SUPERFOOD

Stir alfalfa juice powder into juice, water, or smoothies. Alfalfa juice powder is another component of my Energy Greens powder, which, unlike most other greens powders, tastes amazing even in water.



HEALTHY FATS

34. COCONUT OIL (MCT OIL)

What makes coconut oil so special is that it contains medium chain triglycerides (MCTs) which are more rapidly metabolized (burned) as fuel than other fats. This means that instead of being stored as fat, the calories contained in MCTs are converted into fuel for immediate use by organs and muscles. MCTs have also been shown to enhance fat burning making them the perfect addition if weight loss is your goal. They have also been shown to increase energy levels and satiety while also reducing cravings.

MCTs improve blood sugar regulation, improve metabolism (especially fat metabolism), may improve thyroid function, improve appetite regulation, and are used to treat many ailments (Diabetes, Alzheimer's, seizures, cystic fibrosis, etc.).

As far as brain function goes, MCT oil is like rocket fuel because it enhances ketone production. Ketones, of course, are a more efficient fuel for your brain, which is great for focus and productivity, especially while at work.

HOW TO USE THIS HEALTHY FAT

Coconut MCT oil can be used to as addition to your smoothies. Because it's stable at high temperatures, you can also use coconut oil for all cooking purposes on stove or oven.



35. OLIVES AND OLIVE OIL

Olives and olive oil are full of vitamin E and antioxidants. These help fight the free radicals in your bloodstream that may be the cause of some of the effects of aging as well as certain cancers. Olive oil contains 77 percent monounsaturated fat which is associated with lowering LDL (the "bad" cholesterol) while also raising HDL (the "good" cholesterol) in your blood. Adding olives and olive oil to your meals will also increase satiety and reduce cravings.

HOW TO USE THIS HEALTHY FAT

Olive oil is very versatile and can be used in dressings and on veggies. Keep in mind it has a relatively low smoke point so it shouldn't be used for cooking.



36. COLD-WATER FISH (FISH OIL)

Fish oil contains high levels of omega 3 fatty acids, DHA and EPA. These are important additions to any diet because they help to reduce the inflammation in the body which will help you to lose body weight and body fat. The type of fat contained in fish oil isn't turned into fat in the body like other fats are because it is used to build the outside of your cells. Fish oil has also been shown to increase insulin sensitivity in pre-diabetics which allows glucose to be shuttled out of the blood and into the muscles to be stored and used as energy later. This also reduces the likelihood of storing belly fat.

HOW TO USE THIS HEALTHY FAT

Fish oil can be used in either capsule or as liquid form. I personally take 2–3 tbsp per day. When choosing fish oil be sure to find one that has been molecularly distilled (to remove toxins), comes from small fish (like sardines), and is in the highly absorbable triglyceride (TG) form. Keep it stored in your fridge.

37. BUTTER (GRASS-FED)

The dairy fat contained in grass-fed butter will help your body build healthy cell membranes and balance hormone levels. Grass-fed butter contains CLA which has been linked to heart health, suppression of tumors, reduced belly fat, and greater fat loss in the obese and overweight. Grass-fed cows produce dairy that have CLA levels that are 3–5 times that of grain-fed cattle. Grass-fed butter is also rich in vitamins A, K, D, E, and many minerals.

If your body can't tolerate the casein protein in butter, then you can try clarified butter (aka. ghee) instead.

HOW TO USE THIS HEALTHY FAT

Great to use for cooking since its stable saturated fats hold up much better under heat.





38. FLAX (SEEDS AND OIL)

Flax seed oil is rich in monounsaturated fatty acids like oleic acid. It is also one of the top vegetable sources of omega-3 essential fatty acids such as linoleic acid, alpha-linolenic acid (ALA). Regular intake of small portions of flax seed oil lowers LDL or “bad cholesterol” and increases HDL or “good cholesterol” levels in the blood.

If eating flax seeds you’ll enjoy lignans, a class of phytoestrogen fibers that have antioxidant and cancer preventing properties. Ground flax seeds have also been shown to suppress appetite, improve metabolism, regulate blood sugar and insulin, enhance digestion and increase fat burning.

HOW TO USE THIS HEALTHY FAT

Since flaxseed oil has a low smoke point, it is not a good choice for cooking. Try adding flaxseed oil to salads, salad dressings, smoothies, yogurt, oatmeal and soups. Ground flax seeds can be used in baking or easily added to your smoothies.



39. WALNUTS

Walnuts contain an antioxidant compound called ellagic acid that helps to block the metabolic processes causing inflammation. Researchers have found that people trying to lose weight were three times more likely to stick to a diet that included nuts and nut butters. One study found that adding walnuts into the diets of diabetics improved fat and energy balance. Walnuts are also a good source of plant-based omega-3 fats, natural phytosterols and antioxidants that are so powerful free-radical scavengers. Walnuts have also been shown to reverse brain aging in rats and boost heart health in people with diabetes.

HOW TO USE THIS HEALTHY FAT

Use these nuts in salads, healthy desserts, breakfast cereals, and trail mix recipes. Since they are portable, they also make a great snack when you are on the go. Choose raw, unsalted walnuts.



40. BRAZIL NUTS

Brazil nuts are rich in healthy fat with each ounce providing about 19 grams. Although fat and calorie-dense, they are still good for weight loss because they provide feelings of fullness after they are eaten. Brazil nuts are also high in fiber which improves satiety and better weight loss results. They also contain 4 grams of protein per 1-ounce serving, which can be beneficial because protein supplies amino acids and causes satiety. Brazil nuts are particularly rich in arginine, an amino acid that may help increase energy expenditure and promote fat loss, making it beneficial for dieting.

They are also the greatest source of selenium—a vital antioxidant mineral, which protects your thyroid gland. Just one Brazil nut per day gives you the selenium you need.

HOW TO USE THIS HEALTHY FAT

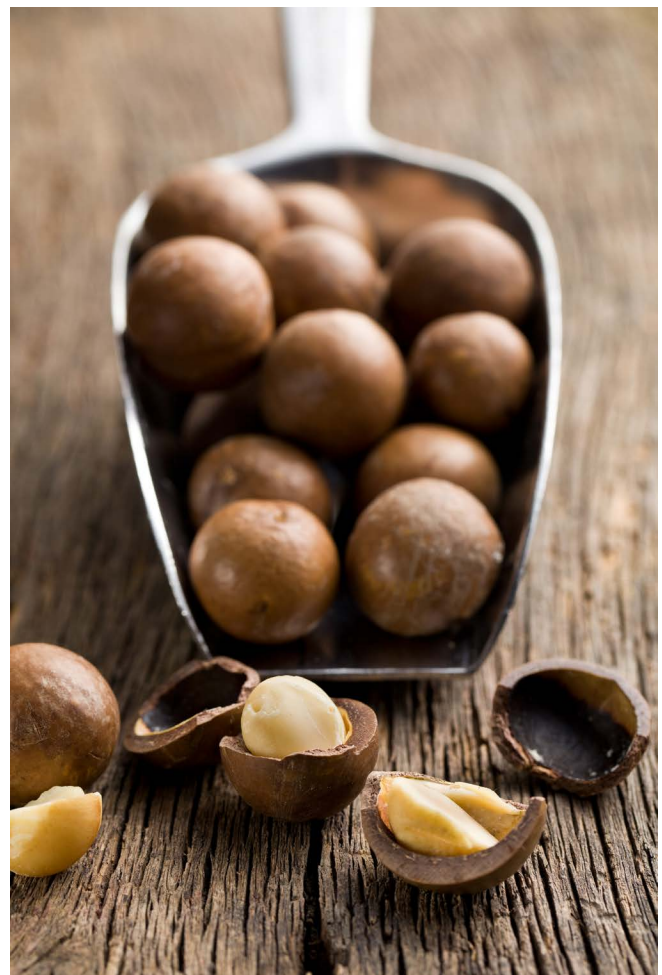
Use these nuts in your salads, healthy desserts, and trail mix recipes. Since they are portable, they also make a great snack when you are on the go.

41. MACADAMIA NUTS (MACADAMIA OIL)

Macadamia nuts contain a wide variety of nutrients including vitamin B1, magnesium, manganese and monounsaturated fat. Macadamia nuts are the fattiest of all nuts, however, the majority of the fat is monounsaturated. These types of fatty acids benefit the cardiovascular system. Although fat and calorie-dense, they are still good for weight loss (when eaten in moderation) because they provide feelings of fullness.

HOW TO USE THIS HEALTHY FAT

Use these nuts in your salads, healthy desserts, and trail mix recipes. Since they are portable, they also make a great snack when you are on the go.



BLOOD SUGAR AND APPETITE STABILIZERS

42. APPLE CIDER VINEGAR

Apple cider vinegar (ACV) helps your body to break down and derive nutrients from fats and protein. This will lead to a faster metabolism and more vitality. Both apple cider vinegar and raw apples contain the fiber pectin which has been shown to increase a person's sense of fullness while also decreasing their desire to overeat or snack. Studies also show that ACV also helps control blood sugar levels. Another benefit is that it helps to create an alkaline environment in the body which promotes overall health and wellbeing and fights acidosis.

HOW TO USE THIS FOOD

You should always dilute apple cider vinegar before drinking it. The easiest way to enjoy it is by adding a tablespoon of ACV to a glass of water. You should also rinse your mouth out with water afterwards so that the acid does not damage your tooth enamel.



43. CHROMIUM



Chromium is vital to blood sugar control as it works closely with insulin to facilitate the uptake of glucose (sugar) into cells. Without chromium, the action of insulin is blocked and your level of blood glucose rises.

In some clinical studies of diabetics, supplementing the diet with chromium has been shown to decrease fasting glucose levels, improve glucose tolerance, lower insulin levels, and decrease total cholesterol and triglyceride levels while increasing the level of HDL cholesterol.

Although other studies have not shown chromium to exert much effect in improving glucose tolerance in diabetes, there is no argument that chromium is an important mineral in blood sugar metabolism.

Chromium plays an important role in hypoglycemia (low blood sugar) as well. In one study, eight female patients with hypoglycemia received 200 micrograms of chromium per day for three months leading to relief of women's symptoms of hypoglycemia. In addition, their glucose tolerance test results improved and the number of insulin receptors on red blood cells increased.

Chromium also appears to promote weight loss by reducing your body fat and increasing your lean muscle mass. Chromium also appears to regulate the cholesterol and triglyceride levels in your blood.

HOW TO USE THIS FOOD

You can get chromium from your diet, specifically from eating lean meats, organ meats, certain spices and molasses. However, it is most commonly taken supplementally form.

44. LEMON



Lemons are high vitamin C which can be a benefit to weight loss. Researchers found that vitamin C is inversely related to your body mass reporting that having enough vitamin C intake appears to help your body break down body fat for use as energy. Lemons also contain high levels of polyphenols which have been shown to suppress weight gain, accumulation of fat, and insulin resistance. They also contain flavonoids which decrease your liver's production of cholesterol and triglycerides.

HOW TO USE THIS FOOD

Squeeze the juice of one lemon into a glass of warm (not hot) water and drink it first thing in the morning before breakfast to get your digestive system started and clear stored toxins. Use lemon juice on your salads and veggies to enhance their flavor.

NUTS AND SEEDS

45. PISTACHIOS

Pistachios are packed with monounsaturated fatty acids (MUFAs) that help control cholesterol. These fats also increase the release of hormones that help regulate glucose metabolism and increase the release of insulin, both of which help lower blood sugar. One study showed that after six months of pistachio consumption participants lost more inches from their waist and had better cholesterol and blood sugar numbers than those who did not eat pistachios.

HOW TO USE THIS NUT

Use these nuts in your salads, healthy desserts, and trail mix recipes. Since they are portable, they also make a great snack when you are on the go.



46. CASHEWS

Cashew nuts are calorie dense but they can still help you lose weight. The satiating quality of nuts, like cashews, will help curb your appetite during the day so you eat less overall. They also contain a significant of protein, fiber and fat, all of which are more satisfying than carbohydrates. Interestingly one study found that because tree nuts, like cashews, are hard to digest much of their fat and calories pass through the body undigested.

HOW TO USE THIS NUT

Use these nuts in your healthy desserts and trail mix recipes. Since they are portable, they also make a great snack when you are on the go.



47. PECANS

Pecans have a very rich nutrient profile. In addition to antioxidants, minerals and phytonutrients, they are also a great source of important B-complex vitamins. Most nuts contain high levels of healthy monounsaturated fats and pecans are no exception providing 11.6 grams in a 1-ounce serving. Studies show that consuming a diet rich in monounsaturated fats will make you less likely to accumulate fat around the waist and can even help you decrease your belly size.

HOW TO USE THIS NUT

Use these nuts in your salads, healthy dessert, breakfast cereals, and trail mix recipes. Since they are portable, they also make a great snack when you are on the go.



48. PUMPKIN SEEDS

A 1-ounce serving of pumpkin seeds provides about 8.5 grams of protein which is 15 percent of the daily requirement for men and 18 percent for women. They are also high in fiber which supports healthy digestion and helps you feel full longer. Pumpkin seeds are a good source of several minerals, including iron, potassium, phosphorus, magnesium, and zinc. A 1-ounce serving of pumpkin seeds provides more than 2 milligrams of zinc, which is between 18 and 22 percent of an adult's daily needs. In addition, these seeds supply niacin, or vitamin B3, which aids in circulation. A 1-ounce serving provides about 8 percent of the daily requirement.

HOW TO USE THESE SEEDS

Use these seeds in your salads, healthy dessert, breakfast, main-course, and trail mix recipes. Since they are portable, they also make a great snack when you are on the go.



49. CHIA SEEDS

19–25% of a chia seed's composition is alpha-linolenic acid, an important omega 3 fatty acid and about 20–23% of a chia seed is protein. On the ORAC scale which measures antioxidant levels, chia seeds rank around 825, which is equivalent to the antioxidant content of broccoli, oranges and grapes. With 11 grams of fiber per ounce, chia seeds provide more than 40 percent of your daily fiber needs and fiber can contribute to weight loss dulling your appetite.

HOW TO USE THESE SEEDS

Add them to smoothies or make your own chia seed pudding.



50. HEMP SEEDS

Hemp seeds contain a wide variety of nutrients including protein, lipids, choline, inositol and enzymes. Hemp seeds also contain all eight essential amino acids making them an excellent vegetarian source of protein. They are also considered to be a great weight-loss helper because they are high in omega 3 fatty acids which have been shown to increase satiety. Omega 3s are also anti-inflammatory which is helpful for stimulating weight loss.

HOW TO USE THESE SEEDS

Add them to smoothies or add them into baked goods or healthy desserts where you want a greater amount of protein and fiber.

51. GROUND FLAX SEEDS

Ground flaxseed packs a significant amount of nutrients into a small package. They contain high amounts of both fiber and protein, which can cause extended feelings of satiety while also acting as a natural appetite suppressant. Ground flax is rich in monounsaturated fatty acids like oleic acid. It is also one of the top vegetable sources of omega-3 essential fatty acids such as linoleic acid, alpha-linolenic acid and arachidonic acids.

HOW TO USE THESE SEEDS

Add ground flax to smoothies. Also great to use in any baked goods.



STARCHY CARBS

52. SWEET POTATOES



Sweet potatoes contain a wealth of orange-hued carotenoid pigment, which is why they are on the greatest source of vitamin A (beta carotene) out of all foods. Yet beta-carotene only begins to tell the story of sweet potato antioxidants. Particularly in purple-fleshed sweet potato, antioxidant anthocyanin pigments are abundant. Cyanidins and peonidins are concentrated in the starchy core of part of purple-fleshed sweet potatoes. Ordinarily, we have to rely on the skins of foods (like blueberries or grapes) for this same level of anthocyanin antioxidants. But not in the case of sweet potatoes! Extracts from the highly pigmented and colorful purple-fleshed and purple-skinned sweet potatoes have been shown in research studies to increased the activity of two key antioxidant enzymes—copper/zinc superoxide dismutase (Cu/Zn-SOD) and catalase (CAT).

Anthocyanin and other color-related pigments in sweet potato are equally valuable for their anti-inflammatory health benefits. In the case of inflammation, scientists understand even more about the amazing properties of this tuber. In animal studies, activation of nuclear factor-kappa B (NF-kB); activation of inducible nitric oxide synthase (iNOS), and cyclooxygenase-2 (COX-2); and formation of malondialdehyde (MDA) have all be shown to get reduced following consumption of either sweet potato or its color-containing extracts. Since each of these events can play a key role in the

development of unwanted inflammation, their reduction by sweet potato phytonutrients marks a clear role for this food in inflammation-related health problems..

Another fascinating thing about sweet potatoes is their ability to potentially improve blood sugar regulation—even in people with type 2 diabetes— in spite of their glycemic index (GI) rating of medium. The 6.6 grams of dietary fiber in a medium sweet potato are definitely a plus in terms of blood sugar regulation, since they help steady the pace of digestion. But recent research has also shown that extracts from sweet potatoes can significantly increase blood levels of adiponectin in persons with type 2 diabetes.

Adiponectin is a protein hormone produced by our fat cells, and it serves as an important modifier of insulin metabolism. People with poorly-regulated insulin metabolism and insulin insensitivity tend to have lower levels of adiponectin, and persons with healthier insulin metabolism tend to have higher levels. This is exciting news for anyone who loves sweet potatoes but is nevertheless concerned about healthy blood sugar regulation.

HOW TO USE THIS STARCHY CARB

Bake at about 400 degrees F for 40 to 50 minutes or cut them up, and pan-fry them in a little olive oil.



53. YAMS

Yams, often confused with sweet potatoes, are an excellent source of vitamin B-6 and potassium, vitamin C and fiber. With just 157 calories in one cup, yams can be an excellent addition to your diet when you're trying to lose weight. Also, their natural fiber can help to keep you from getting hungry between meals.

HOW TO USE THIS STARCHY CARB

Incorporate yams into your main courses and side dishes by baking them in the oven wrapped in tin foil.



54. BEETS

The pigments that give beets their rich colors are called betalains. Many of these betalains function both as antioxidants and anti-inflammatory molecules. Coupled with their status as a very good source of the antioxidant manganese and a good source of the antioxidant vitamin C, the unique phytonutrients in beets provide antioxidant support in a different way than other antioxidant-rich vegetables.

Many of the unique phytonutrients present in beets have been shown to function as anti-inflammatory compounds as well. In particular, this anti-inflammatory activity has been demonstrated for betanin, isobetanin, and vulgaxanthin. One mechanism allowing these phytonutrients to lessen inflammation is their ability to inhibit the activity of cyclo-oxygenase enzymes (including both COX-1 and COX-2). The COX enzymes are widely used by cells to produce messaging molecules that trigger inflammation. Under most circumstances, when inflammation is needed, this production of pro-inflammatory messaging molecules is a good thing.



However, under other circumstances, when the body is undergoing chronic, unwanted inflammation, production of these inflammatory messengers can make things worse. Several types of heart disease—including atherosclerosis—are characterized by chronic unwanted inflammation. For this reason, beets have been studied within the context of heart disease, and there are some encouraging although very preliminary results in this area involving animal studies and a few very small scale human studies. Type 2 diabetes—another health problem associated with chronic, unwanted inflammation—is also an area of interest in this regard, with research findings at a very preliminary stage.

Beet fiber has also been a nutrient of increasing interest in health research. While many people tend to lump all food fiber into one single category called “dietary fiber,” there is evidence to suggest that all dietary fiber is not the same. Beet fiber (along with carrot fiber) are two specific types of food fiber that may provide special health benefits, particularly with respect to health of our digestive tract (including prevention of colon cancer) and our cardiovascular system. Some beet fiber benefits may be due to the pectin polysaccharides that significantly contribute to the total fiber content.

HOW TO USE THIS STARCHY CARB

Beets can be eaten roasted, pickled, or boiled. Rinse gently under cold running water, taking care not to tear the skin, which helps keep the health-promoting pigments inside.

I recommend healthy steaming beets for 15 minutes to maximize their nutrition and flavor. Fill the bottom of the steamer with 2 inches of water and bring to a rapid boil. Add beets, cover, and steam for 15 minutes. Beets are cooked when you can easily insert a fork or the tip of a knife into the beet.

55. CARROTS



Carrots are known for their ability to support healthy vision, but these nutrient-rich veggies can also help you lose weight. Each cup of raw chopped carrots contains only 52 calories. Low-calorie foods can help you lose weight because you need to consume fewer calories than you expend to lose weight. Each cup of raw carrots provides 3.6 grams of fiber, or 14 percent of the daily value which keeps you fuller longer.

But that's not all. The results of a new 10-year study from the Netherlands about carrot intake and risk of cardiovascular disease (CVD) has revealed something even more fascinating about carrots.

Intake of fruits and vegetables in the study was categorized by color and focused on four color categories: green, orange/yellow, red/purple, and white. Out of these four categories, orange/yellow (and in particular, foods with deeper shades of orange and yellow) emerged as most protective against CVD.

And even more striking, carrots were determined to be the most prominent member of this dark orange/yellow food category. Participants who had the least carrot intake had the least amount of CVD risk reduction, even though they still received risk-reducing benefits from their carrot intake. However, participants who ate at least 25 more grams of carrots (with 25 grams being less than one-

quarter of a cup) had a significantly lower risk of CVD. And the groups of participants who ate 50- or 75-grams more had an even more greatly reduced risk of CVD! We're not sure how any study could better demonstrate how easy it can be to lower disease risk by making a food like carrot part of the everyday diet in such achievable amounts.

HOW TO USE THIS STARCHY CARB

Wash carrot roots and gently scrub them with a vegetable brush right before eating. Unless the carrots are old, thick or not grown organically, it is not necessary to peel them. If they are not organically grown, peel them; most all conventionally grown carrots are grown using pesticides and other chemicals. If the stem end is green, it should be cut away as it will be bitter. Depending upon the recipe or your personal preference, carrots can be left whole or julienned, grated, shredded or sliced into sticks or rounds.

Carrots are delicious eaten raw or cooked. While heating can often damage some of the delicate phytonutrients in vegetables, the beta-carotene as found in carrots has been shown to be surprisingly heat-stable. In fact, carrots' beta-carotene may become more bioavailable through well-timed steaming. Still, be careful not to overcook carrots if you want to your carrots to retain their maximum flavor and strong overall nutritional value.

GLUTEN-FREE GRAINS

56. QUINOA



Most grains are considered to be inadequate as total protein sources because they lack adequate amounts of the amino acids lysine and isoleucine. By contrast, quinoa has significantly greater amounts of both lysine and isoleucine (especially lysine), and these greater amounts of lysine and isoleucine allow the protein in quinoa to serve as a complete protein source.

Quinoa is an equally impressive food in terms of its overall phyto-nutrient benefits providing significant amounts of antioxidants like ferulic, coumaric, hydroxybenzoic, and vanillic acid.

Research has also shown the ability of daily quinoa intake to lower levels of inflammation in fat (adipose) tissue in rats and in the linings of their intestine as well.

With respect to type 2 diabetes, quinoa is rich in both fiber and protein—two important factors known to decrease risk and better manage blood sugar. Because chronic, unwanted inflammation is also a key risk factor for development of type 2 diabetes, the diverse range of anti-inflammatory nutrients found in quinoa also make it a great candidate for diabetes risk reduction.

HOW TO USE THIS GLUTEN-FREE GRAIN

Use quinoa as you would other grains like rice and barley. It makes a fantastic side dish or it can be mixed in with salad for extra protein and fiber. To cook the quinoa, add one part of the grain to two parts liquid in a saucepan. After the mixture is brought to a boil, reduce the heat to simmer and cover. One cup of quinoa cooked in this method usually takes 15 minutes to prepare.



57. BUCKWHEAT

The nutrients in buckwheat may contribute to blood sugar control. One animal study found that a single dose of buckwheat seed extract lowered blood glucose levels by 12–19% at 90 and 120 minutes after administration. Although this study was done on animals the researchers are confident that buckwheat will exert similar glucose-lowering effects in humans. Buckwheat is also rich in magnesium, which acts as a co-factor for more than 300 enzymes, including enzymes involved in the body's use of glucose and insulin secretion. Finally, buckwheat is also high in both protein and fiber which help keep you fuller longer.

HOW TO USE THIS GLUTEN-FREE GRAIN

Use buckwheat flour to make pancakes and muffins, it can also be used as a thickener in soups and stews. Toast whole buckwheat to make cereals and granola.

58. AMARANTH

One cup of cooked amaranth contains 5 grams of dietary fiber and 9 grams of protein. While most grains are low in the amino acid lysine, amaranth contains enough that it is considered a complete protein source. It is also high in iron which plays an important role in transporting and storing oxygen throughout the body. Amaranth is also high in B vitamins which keep your metabolism going by supporting enzymes that convert food into energy.

HOW TO USE THIS GLUTEN-FREE GRAIN

These seeds are prepared and consumed the same way as rice and oats. You may also find them in other forms such as flaked or ground into flour.





59. MILLET

Millet is a good source of protein with one cup providing 6 grams. It is also a good source of B vitamins, which aid in energy metabolism, enzyme activity, nervous system regulation and red blood cell production. It is also high in magnesium which is involved in over 300 enzymatic reactions in your body including those associated with burning fat. Millet contains significant amounts of phenols. These compounds function as antioxidants which help prevent oxidative stress and the damage caused by free radicals.

HOW TO USE THIS GLUTEN-FREE GRAIN

Millet can be mixed with other grains like quinoa to make a nutritious side dish. You can also use millet flour in baking.

60. GLUTEN-FREE OATS

Oats can make weight loss easier because their fiber, known as beta-glucan, makes you feel fuller longer. One half cup serving contains 4 grams. Studies also show that beta-glucan has beneficial effects in diabetes as well. Type 2 diabetes patients given foods high in this type of oat fiber or given oatmeal or oat bran rich foods experienced much lower rises in blood sugar compared to those who were given white rice or bread.

In many studies, eating whole grains, preferably non-glutenous ones such as gluten-free oats, has been linked to protection against atherosclerosis, stroke, diabetes, insulin resistance, obesity, and premature death. A new study published in the American Journal of Clinical Nutrition explains the likely reasons behind these findings and recommends at least 3 servings of whole grains should be eaten daily.

Whole grains are concentrated sources of fiber. In this meta-analysis of 7 studies including more than 150,000 persons, those whose diets provided the highest dietary fiber intake had a 29% lower risk of cardiovascular disease compared to those with the lowest fiber intake.





In addition to the matrix of nutrients in their dietary fibers, the whole-grain arsenal includes a wide variety of additional nutrients and phytonutrients that reduce the risk of cardiovascular disease. Compounds in whole grains that have cholesterol-lowering effects include polyunsaturated fatty acids, oligosaccharides, plant sterols and stanols, and saponins.

Whole grains are also important dietary sources of water-soluble, fat-soluble, and insoluble antioxidants. The long list of cereal antioxidants includes vitamin E, tocotrienols, selenium, phenolic acids, and phytic acid. These multifunctional antioxidants come in immediate-release to slow-release forms and thus are available throughout the gastrointestinal tract over a long period after being consumed.

Whole grains are rich sources of lignans that are converted by the human gut to enterolactone and enterodiol. In studies of Finnish men, blood levels of enterolactone have been found to have an inverse relation not just to cardiovascular-related death, but to all causes of death, which suggests that the plant lignans in whole grains may play an important role in their protective effects.

Lower insulin levels may also contribute to the protective effects of whole grains. In many persons, the risks of atherosclerotic cardiovascular disease, diabetes, and obesity are linked to insulin resistance. Higher intakes of whole grains are associated with increased sensitivity to insulin in population studies and clinical trials. Why? Because whole grains improve insulin sensitivity by lowering the glycemic index of the diet while increasing its content of fiber, magnesium, and vitamin E.

But be careful, you need to choose the right grains—like the ones mentioned over the past few pages. I'm not talking about bagels, white bread, and muffins.

HOW TO USE THIS GLUTEN-FREE GRAIN

When you eat oats choose the plain steel cut/old fashioned variety. Flavored oatmeal packets usually contain a lot of extra sugar and calories. For all types, it is best to add the oats to cold water and then cook at a simmer. The preparation of rolled oats and steel-cut oats require similar proportions using two parts water to one part oats. Rolled oats take approximately 15 minutes to cook while the steel-cut variety takes about 30 minutes.

NUTRIENT DENSE ANIMAL FOODS

61. EGGS (PASTURE-RAISED)



Eggs have gained a bad reputation for being unhealthy but the opposite is actually true. One study found that participants who included eggs as part of a healthy eating plan reduced their body mass index more than those who did not. Eggs are great source of complete protein, containing all the essential amino acids. Protein is a nutrient that offers satiety and keeps you feeling full.

The mineral content of eggs also deserves special mention here--not because eggs are a rich source of most minerals but because they are a rich source of certain minerals that can sometimes be difficult to obtain from other foods. Eggs are a very good source of both selenium and iodine—both essential for proper thyroid function. While many fish, shellfish, and mushrooms can be rich sources of selenium, those who avoid these foods may sometimes have difficulty getting an adequate amount of this important antioxidant mineral from food.

The nutrients found in an egg are distributed fairly evenly between the yolk and the white. This distribution of nutrients is a common characteristic of whole, natural foods and it is one of the reasons that I recommend consumption of whole eggs. Yes, the yolk is good for you!

If you're worried about cholesterol from the yolks and your heart, then don't be. Studies have shown no increased risk of either heart attack or stroke in conjunction with egg intake of one to six eggs per week. Interestingly, these studies have also shown the ability of egg intake to increase levels of HDL cholesterol (the "good" cholesterol). Not only did egg intake increase the number of HDL molecules, it also improved their composition and allowed them to function more effectively.

HOW TO USE THIS NUTRIENT DENSE ANIMAL FOODS

For a healthy energy-boosting snack while you are on the go, eat a hard-boiled egg. You can also add chopped hard-boiled eggs to salad or start your day with an omelette or scrambled/fried eggs.

62. ORGAN MEATS (ORGANIC)

Organ meats are packed with a number of important nutrients like iron, thiamin, folate, selenium, phosphorus, zinc, CoQ10 and several of the B vitamins. Many of these nutrients improve metabolism and promote the production of collagen and elastin which make you look younger. Getting enough nutrients in your diet will give your body everything it needs for health and will also keep you from craving unhealthy foods throughout the day.

HOW TO USE THIS NUTRIENT DENSE ANIMAL FOOD

Since these organs tend to bioaccumulate toxins (along with the beneficial nutrients), only consume organ meats that have come from pastured or grass finished organically raised animals.





63. OYSTERS

Oysters contain several nutrients and minerals that your body needs for good health. A 6-ounce serving of raw oysters contains 16 grams of protein. Getting enough protein in your diet is important because your body needs it for tissue repair, immune function and hormone synthesis. They are also the highest food source of zinc—an important antioxidant. A single 6-ounce portion of oysters contains 28 milligrams of zinc, 9 milligrams of iron and 131 micrograms of selenium. All three minerals are important for healthy cell function, and zinc also fights disease by promoting immune system health.

HOW TO USE THIS NUTRIENT DENSE ANIMAL FOOD

You can eat oysters raw or cooked. There are also high quality organic versions sold in cans that you can eat while you are on the go.



64. GRASS FED BEEF

Grass fed beef contains much more omega 3 than conventionally raised beef. And it doesn't contain the hormones, antibiotics, and grain/corn/soy residues that are fed to conventionally raised cows. When omega 6 greatly outnumbers omega 3 it causes inflammation. Grass fed beef also contains high levels of conjugate linoleic acid (CLA). Studies show that CLA helps with weight loss and also fights against diseases such as cancer and chronic inflammation. Grass fed beef is also a good source of creatine which gives your muscles more energy when you are working out.

HOW TO USE THIS NUTRIENT DENSE ANIMAL FOOD

Use grass fed beef in place of conventional beef in recipes.



LEAFY GREENS

65. WATERCRESS

Eating this leafy green raises key antioxidants that fend off damage caused by free radicals which contribute to DNA damage. One study showed that when individuals ate 3 ounces of watercress daily for eight weeks experienced less DNA damage after repeated bouts of high intensity treadmill training. The researchers also found that watercress had the same effect when participants ate it just 2 hours prior to training even if they hadn't been eating it for months. And recently the CDC reported that among 41 other vegetables, watercress is the most nutrient dense of all foods!

HOW TO USE THIS LEAFY GREEN

Add watercress to a garden salad, veggie wrap, or to a green juice.



66. ARUGULA

Arugula contains about eight times the calcium, five times the vitamin A, vitamin C and vitamin K, and four times the iron as the same amount of iceberg lettuce. Cruciferous vegetables like arugula seem to be especially useful in protecting against certain cancers because they contain compounds called glucosinolates and create an alkaline environment in the body.

HOW TO USE THIS LEAFY GREEN

Arugula is best eaten raw because when it is cooked, the enzymes that produce isothiocyanates are less active. Serve it with healthy fats so its nutrients are better absorbed.



67. BEET GREENS

Beet greens are an excellent source of fiber and a very good source of protein which both help with satiety. Dark green leafy vegetables like beet greens have also been shown to lower the risk of certain chronic diseases, including type 2 diabetes, high blood pressure, cardiovascular disease, and stroke.

HOW TO USE THIS LEAFY GREEN

Beet greens can be roasted, sautéed, or added to fresh salads.



68. MUSTARD GREENS

Mustard greens have been shown to improve the body's detox system, antioxidant system, and its anti-inflammatory system. Chronic imbalances in any of these three systems can increase risk of cancer and obesity. Mustard greens get their power from the amount of antioxidants and nutrients including sulfur that they provide. Mustard greens also contain phytonutrients called glucosinolates that can help activate and regulate detoxification enzymes in the body.

HOW TO USE THIS LEAFY GREEN

Mustard greens can be roasted, sautéed, or added to fresh salads. The large leaves can also be used as wraps for sandwiches.

69. KALE



Kale is low in calories but nutrient dense. Choosing nutrient-dense low calorie foods is particularly important when you want to lose weight because the nutrients will help to keep you from craving unhealthy foods later in the day. Each cup of raw kale contains 2.4 grams of dietary fiber which helps reduce hunger and aids in weight control. Protein is another filling nutrient, and a cup of kale contains 3 grams.

Kale's risk-lowering benefits for cancer have recently been extended to at least five different types of cancer. These types include cancer of the bladder, breast, colon, ovary, and prostate. Isothiocyanates (ITCs) made from glucosinolates in kale play a primary role in achieving these risk-lowering benefits.

Kale is also recognized as providing comprehensive support for the body's detoxification system. New research has shown that the ITCs made from kale's glucosinolates can help regulate detox at a genetic level.

Researchers have also now identified over 45 different flavonoids in kale. With kaempferol and quercetin heading the list, kale's flavonoids combine both antioxidant and anti-inflammatory benefits in way that gives kale a leading dietary role with respect to avoidance of chronic inflammation and oxidative stress, which indirectly helps your body release excess weight.

HOW TO USE THIS LEAFY GREEN

Kale can be roasted, sautéed, added to fresh salads, or green juices.

70. SWISS CHARD

Swiss chard contains 716% of your recommended daily intake of vitamin K in just one cup. Vitamin K is integral to bone health because helps your bones absorb calcium. It is also an excellent source of magnesium. Magnesium deficiency can contribute to high blood pressure, migraines, muscle spasms, cramps, tension and soreness. It is also high in vitamin E, which has a number of anti-inflammatory benefits.

HOW TO USE THIS LEAFY GREEN

One easy rule of thumb is... if you can do it with spinach, you can do it with Swiss chard. In addition, it can also be steamed to add flavor to omelets and frittatas.



71. SPINACH

Studies show that an extract in spinach called thylakoids decreases food cravings by 95% and increases weight loss by 43%. One study showed that taking thylakoids reinforces the body's production of satiety hormones which leads to better appetite control.

Even though virtually all vegetables contain a wide variety of phytonutrients—including flavonoids and carotenoids—spinach can claim a special place among vegetables in terms of its phytonutrient content. Researchers have identified more than a dozen different flavonoid compounds in spinach that function as anti-inflammatory and anti-cancer agents.

But even when unrelated to cancer, excessive inflammation has been shown to be less likely following consumption of spinach. Particularly in the digestive tract, reduced inflammation has been associated not only with the flavonoids found in spinach, but also with its carotenoids. Neoxanthin and violaxanthin are two anti-inflammatory epoxyxanthophylls that are found in plentiful amounts in the leaves of spinach.

HOW TO USE THIS LEAFY GREEN

Spinach can be sautéed, added to soup, or eaten raw in smoothies, juices, and salads.

BRASSICA

72. BRUSSELS SPROUTS



Brussels sprouts can provide you with some special cholesterol-lowering benefits if you steam them before eating. The fiber-related components in Brussels sprouts do a better job of binding together with bile acids in your digestive tract when they've been steamed. When this binding process takes place, it's easier for bile acids to be excreted, and the result is a lowering of your cholesterol levels.

Brussels sprouts also your precious DNA. A recent study has shown improved stability of DNA inside of our white blood cells after daily consumption of Brussels sprouts in the amount of 1.25 cups. Interestingly, it's the ability of certain compounds in Brussels sprouts to block the activity of sulphotransferase enzymes that researchers believe to be responsible for these DNA-protective benefits.

For total glucosinolate content, Brussels sprouts are now known to top the list of commonly eaten cruciferous vegetables. Their total glucosinolate content has been shown to be greater than the amount found in mustard greens, turnip greens, cabbage, kale, cauliflower, or broccoli. In Germany, Brussels sprouts account for more glucosinolate intake than any other food except broccoli. Glucosinolates are important phytonutrients for our health

because they are the chemical starting points for a variety of cancer-protective substances. All cruciferous vegetables contain glucosinolates and have great health benefits for this reason. But it's recent research that's made us realize how especially valuable Brussels sprouts are in this regard.

The cancer protection we get from Brussels sprouts is largely related to four specific glucosinolates found in this cruciferous vegetable: glucoraphanin, glucobrassicin, sinigrin, and gluconasturtiin. Research has shown that Brussels sprouts offer these cancer-preventive components in special combination.

Brussels sprouts have been used to determine the potential impact of cruciferous vegetables on thyroid function. In a recent study, 5 ounces of Brussels sprouts were consumed on a daily basis for 4 consecutive weeks by a small group of healthy adults and not found to have an unwanted impact on their thyroid function.

HOW TO USE THIS VEGETABLE

Brussel sprouts can be roasted, sautéed, or steamed. Squeeze a little lemon juice over top to bring them to life before serving.

73. CABBAGE



Cabbage is one of my favorite veggies mainly because I use it to make sauerkraut—an amazingly beneficial fermented food. But even regular steamed/cooked cabbage has numerous health benefits, especially its antioxidants and anti-inflammatory properties.

Given the roles of oxidative stress and chronic inflammation as risk factors for cancer, weight gain, or other disease, the antioxidant and anti-inflammatory richness of cabbage would provide anti-cancer health benefits without the addition of cabbage's glucosinolates. But the glucosinolates found in cabbage can be converted into isothiocyanate compounds that are cancer preventive for a variety of different cancers, including bladder cancer, breast cancer, colon cancer, and prostate cancer.

Long-established in health research is the role of cabbage juice in helping heal stomach ulcers (called peptic ulcers), but more recent studies on cabbage have looked at the overall health benefits of this food for the stomach and digestive tract as a whole.

New studies make it clear that cabbage contains a variety of nutrients of potential benefit to our stomach and intestinal linings. These nutrients include glucosinolates (and the anti-inflammatory isothiocyanates or ITCs made from them), antioxidant polyphenols, and the amino acid-like substance called glutamine. In the case of ITCs, digestive tract benefits include proper regulation of bacterial populations of *Helicobacter pylori* inside the stomach. These bacteria are normal stomach inhabitants, but their populations can become too large and they can latch onto the stomach lining in an undesirable way. The ITCs made from cabbage's glucosinolates can lower the risk of these unwanted stomach events.

HOW TO USE THIS VEGETABLE

Take full advantage of this superfood by cooking it minimally or not at all. Heat breaks down the chemical compounds that give cabbage some of its nutritional superpowers. Try making some sauerkraut as well—you'll love it.

BEANS AND LEGUMES

74. LENTILS

Lentils contain 18 g of protein per cup, which will help maintain lean mass and keep you fuller longer. Lentils have a low glycemic index ranking because of their high fiber and protein content which keeps your blood sugar levels more stable. Since fiber cannot be digested, it gives you a full, satisfying feeling, which helps you eat less calories.

HOW TO USE THIS LEGUME

Lentils can be used in soup, salads, or served as a side dish.



75. KIDNEY BEANS

Red kidney beans are a good source of fiber, folate, magnesium, phosphorus, manganese, iron, copper and potassium. Individuals who consume more fiber are less likely to gain weight than those who consumed less fiber. Fiber-rich foods take up a lot of space in your stomach without providing a lot of calories. Foods containing soluble fiber also slow the emptying of your stomach, so you feel full longer. Red kidney beans are an excellent source of fiber, providing 16.5 grams, or 66 percent of the daily value, in each cup. Red kidney beans are also a good source of protein, with 16.2 grams per cup. Protein also increases satiety and may help you eat fewer calories throughout the day

HOW TO USE THIS BEAN

Use kidney beans in soup, salads, or served as a side dish.

76. CHICKPEAS



Chickpeas are a nutrient-rich food, providing high amounts of protein, fiber, iron, potassium, manganese, copper, zinc, phosphorus, magnesium, folate, vitamin B-6 and thiamine, making them a healthy addition to any diet. Studies also show that diets high in legumes like chickpeas may help you lose more weight and lower blood pressure and cholesterol levels.

HOW TO USE THIS LEGUME

Chickpeas can be used in soup, salads, or served as a side dish. They can also be ground and made into hummus.



CENTERS FOR DISEASE CONTROL AND PREVENTION REVEAL

THE 41 MOST NUTRIENT DENSE FOODS



Nutritional guidelines emphasize eating more fruits and vegetables since they are most strongly associated with weight loss and a reduced risk of chronic disease. Yet, most people have no idea what makes one fruit or vegetable more of a nutritional powerhouse than another.

In December 2014, the CDC conducted a study that developed and validated a classification for defining “powerhouse fruits and vegetables” as foods providing, on average, 10% or more daily value per 100 kcal of 17 qualifying nutrients.

Of the 47 foods studied, 41 satisfied the “powerhouse” criterion. These 41 most nutrient dense foods are listed below in descending order.

Calculated as the mean of percent daily values (DVs) (based on a 2,000 calorie/day diet) for 17 nutrients (potassium, fiber, protein, calcium, iron, thiamin, riboflavin, niacin, folate, zinc, and vitamins A, B6, B12, C, D, E, and K) as provided by 100 g of food, expressed per 100 kcal of food. Scores above 100 were capped at 100 (indicating that the food provides, on average, 100% DV of the qualifying nutrients per 100 calories).



Watercress	100.00
Chinese cabbage	91.99
Chard	89.27
Beet green	87.08
Spinach	86.43
Chicory	73.36
Leaf lettuce	70.73
Parsley	65.59
Romaine lettuce	63.48
Collard green	62.49
Turnip green	62.12
Mustard green	61.39
Endive	60.44
Chive	54.80
Kale	49.07
Dandelion green	46.34
Red pepper	41.26
Arugula	37.65
Broccoli	34.89
Pumpkin	33.82
Brussels sprout	32.23
Scallion	27.35
Kohlrabi	25.92
Cauliflower	25.13
Cabbage	24.51
Carrot	22.60
Tomato	20.37
Lemon	18.72
Iceberg lettuce	18.28
Strawberry	17.59
Radish	16.91
Winter squash (all varieties)	13.89
Orange	12.91
Lime	12.23
Grapefruit (pink and red)	11.64
Rutabaga	11.58
Turnip	11.43
Blackberry	11.39
Leek	10.69
Sweet potato	10.51



NOW YOU ARE READY!

Now you have all the information you need to combat the 6 reason for weight gain. Once you begin adding the 76 foods detailed in this book your body will be fully fortified with the nutrients it needs to prevent and reverse all 6 conditions. At last, you finally have the science based information you need to have a firm grip on why eating certain foods will improve your health and decrease you bodyweight.

2015