

SAXZILLA.COM - DIET PILLS DIRECTORY



Presents

A FREE REPORT TO HELP YOU LOSE WEIGHT -

- 1 *What Foods burn fat?***
- 2 *What Foods turn to fat?***
- 3 *Why are you fat and what weight loss pills will help you?***
- 4 *How do different diet pills work?***
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1. WHAT FOODS BURN FAT?

The following list might be one of the most important resource you will ever find, and although there is a huge variety of foods that can be taken, but the following will be an important starting point. These following "***staple foods***" can be a great starting point for any weight loss program. Keep in mind, this list is prepared assuming you are involved in some kind of physical workout programme, or at least moderate exercising. If you lead a sedentary life, it's better you cut down on high calorie items on the list. Remember to chose judiciously!

1). Oatmeal

If I could only pick one way to obtain complex, starchy carbohydrates for a fat loss program, this would be it! Oatmeal **is** the one carb food that almost 100% of all muscle builders **and** health and fitness models eat **on a** regular basis. Precisely what causes it to be so excellent? The thing is *it's a starchy carbohydrate, and it has a* great excellent balance of carbs, protein **and** good fat.

A half **a** cup contains 3 grams of fat, 27 grams of carbs **and** 5 grams of protein. The low glycemic index, together with the presence of protein **and** fat makes oatmeal **a** very slowly released carb - exactly what you're looking for when you want to get lean.

You should definitely pick the *all-natural* oats; either *old-fashioned* oats (such **as** Quaker) or the quick oats. Steer clear of the sweetened **and** or flavored oatmeal packets. Oatmeal **is** delicious with natural (sugar free) *applesauce* **and** cinnamon. Or, test some crushed walnuts or *flaxseeds* **in** your early morning oats, which will give your "*porridge*" **a** nice crunchy texture while

incorporating those appealing “good fats” people need.

If you want to make a comprehensive meal, attempt **a** couple *scoops* of Vanilla *Praline* flavored protein powder **in** your portion of oatmeal. If you get tired of oatmeal, there **are** plenty of other cooked wholegrain cereals **in** the “*oatmeal* family.” Start looking **in your local health food store** (or **a** gourmet supermarket) for *barley*, wheat, *titricale*, *rye*, *oat bran* **and** *flax* cereals (or **a** multi grain mix of the above).

2). 100% whole grain and whole wheat products

The ‘bottom-line diet’ must or can include plenty of varieties of bread products but with one important condition – These must be completely made from 100% whole wheat grains and even the label must include the ingredient mentioned as ‘100% whole wheat grain’ or ‘100% whole grain’. This must be considered as their 1st ingredient.

There is no point discussing regarding white bread as it is made from white flour, which cannot be included in the program (except for some occasional planning ‘cheat meal’). In case you are very much carb-sensitive, you must consider eating whole wheat bread and never compromise on white bread.

There are few numbers of people, about one in every 200, that depends upon the source you prefer listening to – have sensible thoughts regarding the amount of gluten found in wheat. Gluten are proteins found in all wheat products and similar to lactose intolerance found in dairy products, ***gluten intolerance*** can also cause digestive problems and even bloating for some individuals.

Most of the competitive body builders who are planning to compete in a bodybuilding contest will ensure that they will stop eating any bread or pasta products at least 12 to 16 weeks prior to the actual start of their competition. If you are planning for a strict diet in fat loss, bread and wheat products must be completely eliminated from your list of food products.

Normally speaking, about 100% whole grains or whole wheat products are acceptable in addition to the healthy diet that is required for a complete body composition control. It all depends upon how ‘strictly’ you wish to go along with your nutrition program.

3). Yams (Sweet Potatoes)

Yams (and sweet potatoes) are probably my second favorite starchy carbohydrate. Flavorful, all-natural, low in calories, and packed with nutrients and antioxidants like beta-carotene, it’s no wonder yams are a favorite carbohydrate among bodybuilders, fitness competitors and health-seekers alike.

According to Brian Rowley, science editor for FLEX magazine, “Bodybuilders use yams

when cutting bodyfat because they are low on the glycemic index. Waxy white potatoes (boilers) are high on the glycemic index, so they make an excellent postworkout meal, but nothing compares with a yam the rest of the time.”

If you're carb sensitive or if you're on a very strict diet (like a contest diet), then the glycemic index should be given more weight in your choices. Yams are one of the best. Sweet potatoes are not exactly the same thing as yams (they're slightly higher on the glycemic index), but they're otherwise similar, which also makes them good choices for fat burning diets.

You can identify a yam by its darker orange color, pointier ends and unusual sizes/shapes. Combine a yam with a green veggie, a chicken breast, lean red meat or fish, and you've got yourself a perfect fat-burning, muscle building, metabolism boosting meal.

4). Green Vegetables

Green vegetables (Fibrous) such as *broccoli, asparagus, green beans, lettuce etc.* To burn carbohydrates and fat from your body, it is very important that you consider eating fibrous carbs as mentioned above. Green vegetables are also called fibrous carbs and these vegetables hardly contains calories (infact most of these green vegetables have very low density of calories). It is not at all possible to over-eat any type of green vegetable. Eat them sufficiently and ensure that you consume extra green vegetables late during the day. A diet consisting of *green vegetables* along with a combination of lean proteins are considered to be one of the fastest methods of getting into lean shape as early as possible.

Among all the available vegetables, Kale is considered to be a very good option for losing weight. These are a type of cabbage considered as lowly garnish. Just one cup of raw Kale vegetable chopped finely contains about 34 calories including around 1.3 grams fiber and it also contains plenty of calcium and iron that is very much required for our heart.

It is best to eat finely chopped kale with cooked black beans and try to eat as much as possible. If you are not pleased with black beans you can consider slicing kale into thinner strips and cook it with vegetable soup and top it up with slices of orange.

5). Brown Rice

Brown rice is another staple food of bodybuilders and you often see the “muscle ones” chowing down platefuls of rice, both in season and out of season (in smaller quantities during the “cutting-up” season). Prior to contests, bodybuilders sometimes reduce the amount of rice (starchy carbs) and add in more green veggies (fibrous carbs), but rice is a solid year round staple, as long as you keep your calories in check. Obviously, this means avoiding fried rice or other rice dishes that have added fat and calories. Steamed or boiled rice is the way to go.

Of the many types of rice, slow-cooked brown rice or basmati rice are your number one

choices. Instant (pre-cooked) rice is fine when you're in a crunch for time, but the instant rice digests much more quickly and is processed in the body more like a simple carbohydrate.

The same goes for white rice, especially the sweet variety that's usually served in Chinese and Asian restaurants (including sushi rolls). White rice is the processed version of brown rice. Although it's still technically a starchy complex carbohydrate, the white rice burns faster and has been stripped of much of its nutritional value. When you're on a very strict fat loss diet, stick with the slow-cooking brown rice for best results.

6-). Apples

There is the famous saying which says 'An apple a day, keeps the doctors at bay'. Well, this saying is perfectly correct. Those who chomp an apple just before any pasta meal usually consumed fewer calories than those people who had a completely different snack. In addition to it, the antioxidants that are contained in apples can help avoid metabolic syndrome, which is a type of disease that is marked when a person is found with excess fat across the belly or they call it 'apple shape belly.'

Always remember not to remove the skin from the apple. The skin consists of some valuable fiber that helps in digestion. Apples have large contents of Vitamin B and Vitamin C minerals and plenty of antioxidants. Research conducted have already proved that antioxidants that are contained in apples help in fighting the deadly disease cancer, reduce atherosclerosis and cholesterol, prevent diabetes and heart diseases and also help digestion.

7). Goji Berries

These are tart, chewy berries and can be considered as a hunger filled fruit meal. Goji berries consist of **18 amino acids** and therefore this makes it a great protein source. You can try snacking these berries during mid afternoon, so that you can stay satisfied without the feel of hunger until dinner time. It's calorie content? Well, just 35 per tablespoon.

8).- Skimmed milk and Non Fat dairy products

When we say the term 'dairy products', it automatically covers a whole category of foods that includes milk, yogurt, cheese, cottage cheese and sugar free frozen yogurt. In order to get it registered in this list of **fat burning foods**, it is very important that a dairy product has the tagline with a label that mentions 'fat-free,' 'skimmed,' or '1% low-fat.' This does not include whole milk products, since whole milk dairy consists of high fat ratio. Even when they say **2% low-fat**, it still means about **37% of fat in calories**.

Dietitians are often seen referring plain yogurt to be consumed and that too for some great reasons. With the trifecta of carbs, fat and proteins, it can remove hunger by leveling the blood sugar.

It is therefore recommended to eat extra 'low-fat plain yogurt' and avoid eating mayonnaise that are being spread in potato salads or chicken or you can even top a potato that is baked

with some yogurt and squeeze a pinch of lemon juice.

Dairy products are considered to be ‘a combination food’ as they include proteins and carbohydrates. Since the qualities of proteins that are found in dairy products are of high quality, it can be completely considered as a replacement for protein food.

Let us take an example; you have an option for consuming non fat cottage cheese which can be considered as a protein food instead of having a lean meat. Nonfat cheese also helps in boosting protein content of any meal. **Yogurt** usually has fewer proteins as compared to cottage cheese, therefore a full container of yogurt cannot be considered as a complete protein food.

The fact is that yogurt will count more as a normal exchange for carbohydrates than proteins (there is another option – you can mix a scoop of protein powder in your cup of yogurt for making it ‘high-protein’ yogurt).

9). Chicken Breast and Turkey Breast

Turkey and chicken are considered to be the number one and the most famous sources of proteins among bodybuilders and those who prefer losing body fat. Remove its skin and take the light meat that is found in its breasts.

If you prefer its thighs, they are high in calories and fat. Naturally, you must ensure that the poultry is properly grilled, roasted or boiled and not deep fried.

Turkey is termed as one of the best proteins for losing weight. When you eat turkey during dinner time, it releases **Tryptophan**, which helps in gaining sleep. Most of the times, those who suffer from weight gain or weight loss problem are known to have sleeping disorders. Therefore, eating turkey can help in getting a good amount of sleep which will also help you lose a considerable amount of weight.

Simultaneously, we are speaking about real birds here and not any kind of sliced lunch meat which you can find at any pre-packed supermarkets. When we say lunch meat, it means processed proteins. Some nutritionists frame them as ‘fabricated foods’ due to the fact that they are prepared from a mixture and is poured into a mold before it is being cooked and wrapped.

Well, these can only be eaten occasionally, and do not try to make it a staple food for a regular diet. These lunch meats are filled with preservatives, sodium, fillers, binders and some other types of chemicals which definitely nobody wishes to have it floating across their bodies.

10). Chilies

One of the best reasons for spicing up your meals is to add chilies. Remember, you will begin to crank your metabolism. A compound included in chilies known as **capsaicin** provides a thermogenic effect of food, which means that it can cause a human body burn

extra calories from their body for twenty minutes after they have eaten the chilies.

11). Egg White

Egg whites are seen to have plenty of characteristics that can promote weight loss. First of all, it is very hard to digest an egg white. The human body tends to expend plenty of energy for digesting egg whites which will in turn help their body burn extra calories. Secondly, when egg whites are consumed without carbs, it will force a human body to secrete glucagons, which in turn promotes fat loss.

The best option to burn fat and build muscle is to ensure having a lean protein along with every meal. Egg whites consist of zero fat, and therefore are termed as lean proteins. Egg whites along with chicken breasts can be considered as the top 3 best lean proteins which can help a person lose fat and gain muscle. Eggs are super high quality protein.

There are more than 100 methods of preparing eggs, so you can well begin using your imagination. Some of them are **Omelets, Scrambled eggs, Frittatas, Fried (in a nonstick spray), sunny side up, over easy, hard boiled eggs** or any other method which best suits your taste. Therefore begin using egg whites liberally.

12). Fish and shellfish

Fish is also termed as one of the excellent protein for losing weight since fish is very lean and have gotten wonderful ratio of fats. Fish must be a staple for any weight loss program or weight control program.

What most of the people do not prefer eating are seafood and fish. When you use different varieties of shellfish and fish, the main source of proteins; you can also add a lot of variety where one can achieve valuable fats. Here we have provided some of the main fish which you can consider having - ***Salmon, haddock, tuna, flounder, trout, mackerel, snapper, swordfish, sea bass, mahi mahi, orange roughy, perch, sole, herring cod, catfish and Halibut.***

Not only does fish fat help your heart strong and healthy, they also help in shrinking your waist. 'Omega 3 fatty acids help increase insulin sensitivity – which further helps in building body muscle and decrease the belly fat. You can go for wild salmon as it contains very less pollutants.

As compared to other meats, you can eat fish baked, broiled or even grilled but completely avoid fatty and high calorie butter and sauces in the fish. Most of the fish are very high in proteins and low in fat.

Some of the fish like mackerel, salmon, herring, trout and sardines are very high in fat. Nevertheless, the fish being very high in Omega 3 fatty acids, all these fish must be liberally used.

13). Lean Red Meat

Grass fed beef is regarded as one of the best food for losing weight. This food is proven to improve the cholesterol ratio which helps in metabolism of blood sugar that will help a person remain lean. The food is very filling and helps satiation and hunger.

Most of the bodybuilders are very famous for showing their love for red meat. Many bodybuilders are of the belief that red meat has actually helped them grow their muscles and well, there can be a lot of truth in what they are saying as almost all the bodybuilders are of the same opinion.

Red meat is found to be having **high proteins, iron, B-12 and Creatine**. Most of the red meat cuts are having high content of fat. However, not all the red meat cuts are considered to be same.

Therefore, it is not right that we just label the whole category of red meat as a complete no- no just because it contains higher level of fat. If we can very carefully choose only the ***leanest red meat cuts*** and also keep the portion of our slices of red meat in small sizes, then this food can act like a great addition to fat burning.

Let us take an example – a 6 Oz portion of lean with a trimmed top steak will have just 9 gms. of fat, while in a similar situation a 6 Oz portion of untrimmed porterhouse will have about 37 gms. of fat (and when we speak about the 18 Oz portion of untrimmed porterhouse, it means that we will be serving a Steakhouse which has more than 100 gms. of fat).

2. WHAT FOODS TURN TO FAT?

If you go through the list of goods that turn to fat, you've got to understand the common threads running through them. I mean usually these foods have -

High total calories

High calorie density per unit of volume

High total fat

High in unhealthy saturated and trans fats

High in refined sugar.

Low in nutritional value (low nutrient density)

Flavor enhancers, fillers and other chemicals

Artificial colors and flavors

High sodium

1). Ice Cream

I'm sure a lot of people will be mad at me when they see their beloved ice cream as number one on the hit list of the foods that turn to fat, but here goes: Ice cream is Bad news with a capital B! Ice cream is loaded with fat, sugar and way more calories than you need; an evil fat-storing triad. Not to mention, the artificial colors, artificial flavors, preservatives, emulsifiers and stabilizers.

Now let's talk about the fat. One cup (that's a pretty small serving you know), contains approximately 350 calories and 20 grams of fat – mostly saturated. And that's just regular premium vanilla ice cream. A cup of Haagen Dasz Belgian Chocolate has 660 calories and 36 grams of fat. But that's nuthin! Ben & Jerry's has them all beat! A cup of wavy gravy ice cream has 660 calories and Gulp.... 48 grams of fat – 20 of them saturated!

There are so many delicious alternatives to ice cream like fruit sorbet or even sugar free, low fat frozen yogurt, it boggles the mind that more fitness conscious people don't make the switch. Are you a Ben & Jerry's freak? Skip the wavy gravy or chunky monkey and have the Cherry Garcia Yogurt instead (if you must)... it's only 340 calories and six grams of fat. Healthy Choice makes a Low fat chocolate mint chip ice cream with only 200 calories per cup and just four grams of fat. Best of all, Kemp's makes a sugar free non fat frozen yogurt that contains only 240 calories and zero grams of fat. It's made with skim milk and is sugar free.

2). Fried Foods

All fried foods are really BAD NEWS! (with all capitals!) Fried foods are harmful in more ways than one. First of all, they are high in calories and mostly fat. Take a **McDonald's super size fries**, for example. Polish off the whole batch and you've got yourself 610 calories and 29 grams of fat, 10 of them saturated. Large Burger King hash browns – 390 calories and 25 grams of fat, 15 of them saturated. KFC fried chicken breast (extra tasty crispy) – one serving alone sets you back 470 calories and 25 grams of fat.

Second, the type of fat is highly saturated and/or trans fat. Frying destroys essential fatty acids (EFA's) by twisting their molecules from the cis-configuration in which they're normally found to the unnatural trans shape. To make matters worse, shortening and margarines have replaced the lard that was traditionally used for frying. These contain large amounts of chemically altered trans fatty acids to begin with, so you get a double whammy of artery clogging, health destroying "funny fats."

According to Udo Erasmus, the world's foremost expert on fats, there is no such thing as safe frying. "Safe frying is a contradiction in terms," says Erasmus. "When foods turn brown, they have been burned. The nutrients in burned material have been destroyed.

Proteins turn into carcinogenic acrolein. Starches and sugars are browned through molecular destruction. Fats and oils are turned to smoke by destruction of fatty acids and glycerol.”

Folks, stay the heck away from anything fried! (By the way, did you know that “sauté” is the French word for “fry?”)

3). Donuts and pastries

Like ice cream, doughnuts are one of the all time no-no’s when body fat reduction and good health are your goals. Doughnuts contain that king of fat storing combinations: refined sugar and saturated fats.

A small plain or powdered donut contains about 170 calories and 10 grams of fat (by the way, that’s over 50% fat by calories). Your larger donuts contain anywhere from 200 to 420 calories and up to 22 grams of fat – much of it saturated. The flour in donuts, of course is white flour – stripped of any nutritional value with no trace of the original whole grain left intact. And heaps and heaps of sugar are added on top to add insult to injury.

Donuts also contain chemical agents designed to keep them soft, mono and diglycerides, propylene and glycol mono and diesters, coloring agents including FD & C yellow, number 5 and preservatives such as BHT and BHA. If you want a chemical cocktail loaded with fat, sugar and calories, donuts fit the bill nicely. By the way, did you know they deep-fry those things? And one more thing; did you know a Cinnabon has 670 calories and 34 grams of fat? Stay away from Cinnabons, pastries, éclairs and anything else in the “donut family.”

4). White sugar, Candy, Chocolate and sweets

One of the biggest misconceptions in weight loss is that carbohydrates make you fat. This is an incorrect statement. A correct statement would be; refined carbohydrates make you fat... and that means white sugar, candy and sweets. Of course, calories are the bottom line... it’s not necessarily sugar that makes you fat, it’s too many calories that make you fat. But guess what? Refined carbs are incredibly calorie dense, making it extremely easy for you to eat too many calories.

Even if you could “get away with” eating sugar because your calories were below maintenance, you wouldn’t want to. You see, sugar is “empty calories.” No vitamins, no minerals, no fiber, no nothing... just calories. Refined sugars wreak havoc with your blood sugar levels and they increase insulin levels, which can also increase fat storage and prevent stored fat from being released.

It only gets worse. Nancy Appleton, author of “Lick the sugar habit,” has compiled a list of over 100 reasons that sugar is disastrous to your health and fitness endeavors. Here’s a shortened version:

- 1) Refined sugar can be a contributing factor to gaining body fat
- 2) Refined sugar can increase the bad LDL cholesterol
- 3) Refined sugar can decrease the good HDL cholesterol
- 4) Refined sugar can increase triglycerides

- 5) Refined sugar can suppress your immune system
- 6) Refined sugar can deplete your body of important minerals
- 7) Refined sugar can contribute to the development of numerous types of cancer
- 8) Refined sugar can cause hypoglycemia
- 9) Refined sugar can decrease growth hormone
- 10) Refined sugar can contribute to diabetes
- 11) Refined sugar can cause food allergies
- 12) Refined sugar can increase serum insulin

If you made only one change to your nutritional habits today... that is, to reduce your sugar intake... the difference in your health, energy levels and body composition would absolutely blow your mind. Get the sugar out!

5). Soda

It was in the year 1797, Joseph Priestly, a British Scientist found out how water can be carbonated. The process was very simple, carbon dioxide gas, which was pressurized, was pushed through the water and this went ahead to create a bubbly fizz which today, many people have begun to love.

Ever since, soft drinks have turned out to be a multi billion dollar business industry all across the globe. Coca Cola is regarded as one of the best and the top selling soft drink brand all over the world.

According to 'The Beverage Marketing Corporation' in the year 2001, there has been a total consumption of 10.3 billion cases of carbonated drinks in a year. That means on an average, a person drinks nothing less than 55.7 gallons of these fizzy drinks every year. Well, this figure might be good for Cola companies as they are reaping billions of profit, but definitely it is not good for human health.

Soft drinks mostly consist of water. Apart from water, soft drinks are added with high quantity of sucrose and high quantity of fructose corn syrup, both of which are used to sweeten the regular soda and which is sufficient enough to get all the required damage done on a human body.

All types of Liquid calories have to be avoided for fat burning diets.

6). Fruit 'drinks' including the different types of sugar sweet beverages.

It is the same when it comes to Soda. Never try drinking calories, particularly when the drink is completely filled with sugar. And remember not to get fooled when the food labels mention the tag 'Contains real fruit juice.' Do a bit of homework and carefully read all the ingredients mentioned on the label. In case you see ingredients such as sugar, corn syrup, sucrose or high fructose corn syrup mentioned on the label, just STAY AWAY from such drinks.

7). Bacon and Sausage

Bacon is considered to be a standard breakfast for a typical American family. That is very bad news to hear. According to 'The Center for Science in the Public Interest' it mentions that both Bacon and Sausage are considered to be the worst foods one can possibly eat. Just a single strip of the normal pork bacon consists of nothing less than 13 grams fat (5 of them saturated) and 130 calories. Well, that goes on to say that it is a total of 93% of fat by calories – YIKES!

Even when you consider eating turkey bacon or even bacon that includes less quantity of fat, you will need to check the label very carefully. It might just mention 'Reduced fat' and that do not actually mean anything much. Even if the fat quantities has been reduced from 93% to 70% or even say 50% reduction in the fat, does not actually show any improvement.

Processed Meats

Some of the famous processed meats such as hot dogs, deli meat and bacon can increase the chances of heart diseases and certain types of cancer. In the study, it has been proved that there was a weight gain of about 0.93 pounds in participants who were called for the test.

Unprocessed Red Meat

A diet comprising of complete fatty and unprocessed red meat can lead to plenty of health related problems including heart diseases, cancer and obesity. Participants have been seen to have gained 0.95 pounds as they began adding red meat in their diets.

9). Nachos, Potato Chips, Corn Chips

Robert Kennedy author of his famous book 'Rock Hard, Super nutrition for bodybuilders,' had written, 'having high levels of sodium content in potato chips makes these chips almost fatal, particularly if the patient is suffering from high blood pressure. There is one particular brand that consists of 680 milligrams salt as compared to only 4 milligrams of sodium that is found in a normally baked potato.'

Sodium is not just the only thing that chips contain as an ingredient in them. Let us have a look – it contains plenty of calories, flavored additives, tons of fat and the oil that is mostly used for cooking these chips. Potato chips do not even reach 1% closer to the actual nutritional value of a raw potato, fat and sodium notwithstanding. All the nutritional value which is actually found in a raw potato is already lost after a complete 'fried right out.' And what remain are only the calories from the fat that is obtained from the refined oil which is used during the cooking process.

10). Hot dogs and fast food burgers

Fast food burgers and hot dogs are daily consumed by an average American. These are considered to be treated like a baseball, Chevrolet or apple pie. People just cannot do without these kinds of food. Unfortunately, the love for fast food and hot dogs has literally turned America into an obese and one of the unhealthiest countries of the world.

Among the above mentioned two items, hamburgers provide comparatively lesser harm to a

human health (but still they are considered to be evil). Hot dogs for that matter are not fresh and pure meat; rather they are ‘meat product’ which consists of some type of meat, stabilizers, mashed up with some fillers, preservatives, sodium, artificial flavors and artificial colors.

They are considered to be a mishmash of different types of additives and chemicals which ultimately provides a flavored smoky taste which are completely harmful for human health. It is commonly called ‘fake food’. Just a 3-ounce of normal hot dog consists of 16 grams of fat, out of which 7 grams are saturated fat.

Incase you cannot avoid eating hot dog these days, you must check out for hot dogs with low level of fat or otherwise opt for turkey dogs. But prefer buying products produced by companies like Healthy Choice. However, remember one thing, hot dogs whether it consists of high quantity fat or low quantity fat, are all processed meats.

The actual rule that has been applied to carbohydrates has also been applied to proteins as well, that is – Natural foods are considered to be always better as compared to refined foods. Therefore, it is suggested that you stay with lean natural proteins such as egg whites and chicken breast and completely avoid all the processed and refined meats to the maximum possible.

11). Cookies, pies, cakes

Cookies, pies and cakes all fall into the category as donuts - that are completely full of sugar and fat joining the hip (and mind you, they can also end up on your hips, if you are not very careful). Just because you feel that cookies, pies and cakes are baked and are not fried does not mean that you can go ahead and hog these products. They are nothing better than the fried chips as mentioned earlier.

Sugar and fat are termed as the worst food combination and you must also remember that both of these are abundantly found in cookies, pies and cakes. Apart from that, they also consist of untold quantities of the dangerous trans-fatty acids.

Just make a plan to eat the cake once every year that too on your birthday. It is fine if you have a small piece of pumpkin skin during Thanksgiving. Through the remainder of the year, completely avoid it just like plague.

12). Sugar Cereals during breakfast

Scott Bruce and **Bill Crawford**, authors of the famous book ‘*Cerealizing America*,’ say that the cereal industry makes use of about 816 million pounds sugar every year. An average American buys around 2.7 billion packages breakfast cereal each year. If all these packets are laid one after the other, the empty boxes can reach so far that it will have the capacity to touch the moon and return back from where it has started.

That is the quantity of cereal the whole Americans consume in a year. Companies spend around 1.3 billion on advertisement cost for cereals that are aired on the American TV channel each year or it can even be around 25 hours of advertisement about cereals per day,

all this is done at a cost of \$762 million during a popular air time. Apart from cereal makers, only automobile industry spends more money for television advertising as compared to the breakfast cereal manufacturers.

Almost all the cereal boxed packets found in leading supermarkets to consist of plenty of sugar in it and some cereals also consists of 50% more sugar (sugar smacks consists about 53% sugar). The cereal manufacturers seem to be very clever when it comes to marketing, making the cereals appear as though they are healthier than what they appear to be. This is done by 'building' them with minerals and vitamins. Wow, that seems to be cool – you are now consuming vitamin-build sugar!

Even before beginning to eat cereals, always read all the ingredients mentioned in the cereal box and find out the level of sugar it contains. Once you complete the sugar level, check for the panel for 'nutrition facts'.

If you really want to eat quality cereals, you can find some handful of manufacturers who produces cereals from whole grains that are sugar free. One of the types is shredded wheat. Incase you plan shopping at any health food stores instead of shopping at any local supermarket, you will definitely find an alternative healthy, sugar free (contains very low levels of sugar), whole grain cereal.

But again remember, there are some cereals that are made available at health food stores but are provided with sweetening tastes by including fructose or fruit juice in it. Even though this can be considered as an improvement as compared to refined white sugar, it can also skyrocket the content of calories in it.

3. WHY ARE YOU FAT AND WHAT WEIGHT LOSS PILLS WILL HELP YOU

You can read about whole article [here](#)

4. HOW DO WEIGHT LOSS PILLS WORK?

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5. THINGS TO CONSIDER BEFORE CHOOSING A DIET PILL

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