

Published based on [Food Selection That Can Help You Lose Weight Effectively](#)

# **Food Selection That Can Help You Lose Weight Effectively**

Aside from losing weight, we want to be healthy and glowing in what we do. Not all types of dieting gives us the same effect. Especially when we want to [lose weight quickly](#), it may expose us to other possible health risks which we don't really want to happen. Our goal is to lose weight safely and consistently. Invest on foods that can help you save extra calories from getting into your system.

High quality dietary fiber can be found in apples Fiber sweeps the digestive tract which greatly helps in taking harmful toxins out of the body. Another important thing that you should love about fiber is its ability to keep you satisfied with foods but yields 0 calories. Remember, crunchy foods can trick a person into feeling fuller.

Almonds...Hmm, a real time favorite. An ounce of is only equivalent to 167 calories, gives you 6 g of protein and 3 g fiber. These nutrients are harder to digest which then signals the mind that you are already full Now you have tasty midday snack!

Egg is another commonly misunderstood food. There's no doubt that eggs is a good source of protein. Just like how fiber works in making us feel full, protein does the same thing. Nothing can be more perfect than having eggs for breakfast. It gives you longer time to feel full. Now you know why eating egg can help you lose weight.

You don't need to have second thoughts on having a sea food added to your diet. There's no need for you to fear because salmon contains healthy fat which can also help you feel full. Enjoy a 3 ounce serving for only 175 calories. Do you now have a good recipe in mind for a sumptuous salmon meal?

Tomatoes are highly versatile in nature because they tastes very good regardless if they have been cooked or eaten raw. They don't contain too much starch just like carrots, celery and spinach where they are filled with fiber. Fresh green salad with lettuce, tomatoes and other vegetables that you'd love to incorporate can be a good meal already.

Aside from eating these foods that can make you lose weight, spend a bit of your time to exercise. The best cardio exercises are done on treadmill. Spend at least 30 minutes on your treadmill done thrice week. If you don't own a treadmill yet, make sure to have one. Just make sure to let [treadmill assembly service](#) professionals to do it for you to ensure that it is assembly correctly and safe for you to use.

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