

8 kinds of food to keep fit and lose weight

Summer is coming ,are you still worry about you fat?Do you want to be thin but cannot stop eating? But now ,you don't need worry about that any more ,we will recommend 8 kinds of food that not only can keep you fit and lose weight, but also delicious.

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Salmon

Some people follow low-fat diet. So how to choose meat and fish is very significant. Salmon is a food that with high protein and low calorie. In addition, it also contains a variety of vitamins and calcium, iron, zinc, magnesium, phosphorus and other minerals, as well as rich in unsaturated fatty acids.



Banana

Bananas is a nutritious fruit loved by many people. Although. The composition contains a certain amount of starch, but banana was able to play a very good effect, can satisfy our appetite. If you really want to eat something , then mix bananas with other fruit to produce fruit salad .Another major role is to solve constipation , help to remove stubborn garbage accumulated in the intestine, effectively enhance the slimming effect.



Asparagus

Asparagus is a vegetable of the aristocracy: the price is more expensive than other vegetables , tastes more delicious fragrance. And vegetables in general compared to the fiber contained in a soft and delicious asparagus, but also contain more vitamins and trace elements. Additionally, asparagus is

rich in folic acid, about 5 asparagus to contain more than 100 micrograms ,which reach people daily demand's 1/4.



Nuts

Nuts are rich in protein and can play a powerful sense of satiety, when people feel hungry , just eat a few nuts, you can alleviate the problem of hungry. Although nuts contain a certain amount of heat, they are also very strong chewing, can greatly satisfy the appetite. If people control the quantity of each food, not only will not get fat, but can also help control the heat absorbed by the body, play a keep fit role.



Strawberry

Strawberry is a delicious and nutrition fruit □because it contain a variety of vitamins and minerals Besides , the most prominent advantage is rich in vitamin C, its content than

watermelon, apples, grapes about 10 times higher .The strawberry's nutrition is easily be digested and absorbed by body



Dairy

Milk is rich in protein. America study says that people who eat dairy three times a day , and from people who do not eat dairy products that fat can be reduced by 70%. The reason is that calcium interacts with other components of milk, can enhance the body's metabolism and improve the body's fat burning speed.



Green tea

According to the "Life Times" reported that drinking tea three times a day, the body's metabolic rate will increase by 4%. In addition, drinking tea regularly can prevent cancer, lowering

blood pressure and weight loss. For smokers ,green tea can reduce nicotine harm.



Tomato

Firstly, tomatoes are rich in pectin fiber, not only makes it easier to have a sense of satiety, but also absorption of excess body fat and excreted. Secondly, tomato's red tomato pighzent can reduce calorie intake, reduce fat accumulation, and added nutrients vitamin C, vitamin B1, malic acid, citric acid, etc., to keep the body balanced nutrition. Besides the, tomato has an unique sour which can stimulate gastric secretion, promote gastrointestinal motility and help burn fat.

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