

# 15 SURPRISING FOODS THAT FIGHT FAT

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HOST

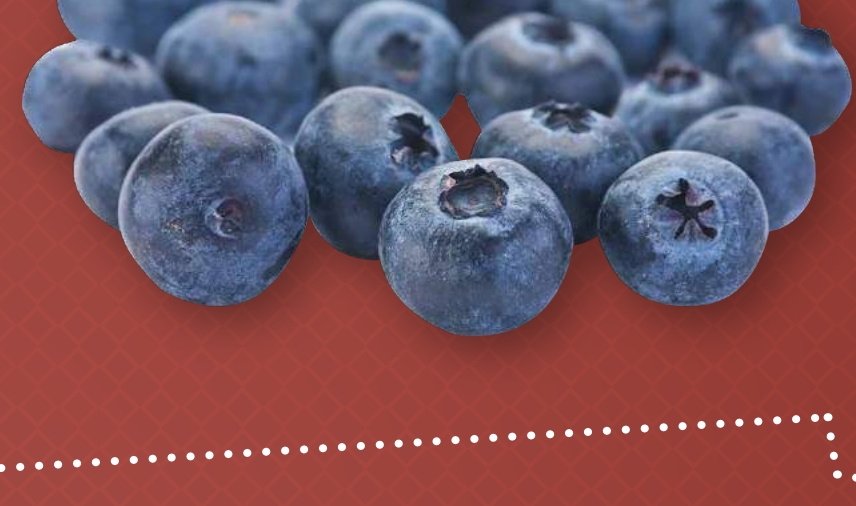
## FAT LOSS SUMMIT

THE BEST STRATEGIES FROM 24 EXPERTS TO HELP YOU BURN FAT 24/7


You may have been told that fruit makes you fat or that fats and oils will pack on the pounds and clog your arteries. Well, 1000s of studies and countless real-world examples show the complete opposite. Here, you'll discover 15 everyday foods that stabilize your blood sugar, improve your gut health, and curb your appetite...all of which help you fight off those stubborn pounds.

### Eat these to your heart's content

**1 Blueberries**  
Studies show that eating blueberries can reduce your blood sugar levels and increase your insulin sensitivity overtime.




**2 Pineapple**  
Pineapple is rich in bromelain, an important enzyme that improves digestion and helps eliminate waste from your intestines, both of which are important for losing weight.




**3 Apples**  
Apples are high in a fiber called pectin which has been shown to double the time it takes for the stomach to empty when compared to other fiber. This means apples help you stay full twice as long, which is great for curbing your appetite.



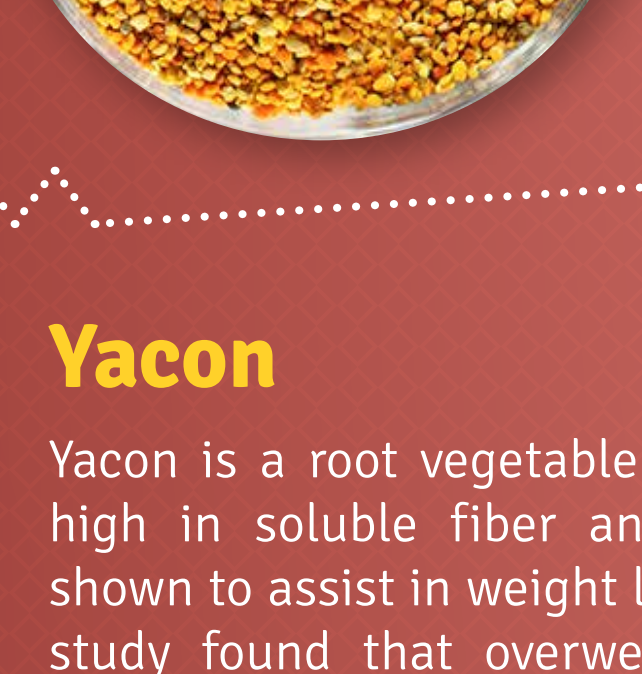
**4 Cacao**  
Cacao contains antioxidants called polyphenols, which may help with treating obesity. In animal studies researchers found that after taking cacao, rats fed a high-fat diet gained less weight than those who did not take cacao.



**5 Lucuma**  
Lucuma fruit isn't readily available at most supermarkets, however, the most powder is. Lucuma powder has a sweet caramel taste so it makes for a great sugar substitute and without the negative impact on your blood sugar.




**6 Bee Pollen**  
Aside from containing all the B vitamins and a ton of antioxidants, bee pollen also is rich in phenylalanine which has been shown to act as an appetite suppressant



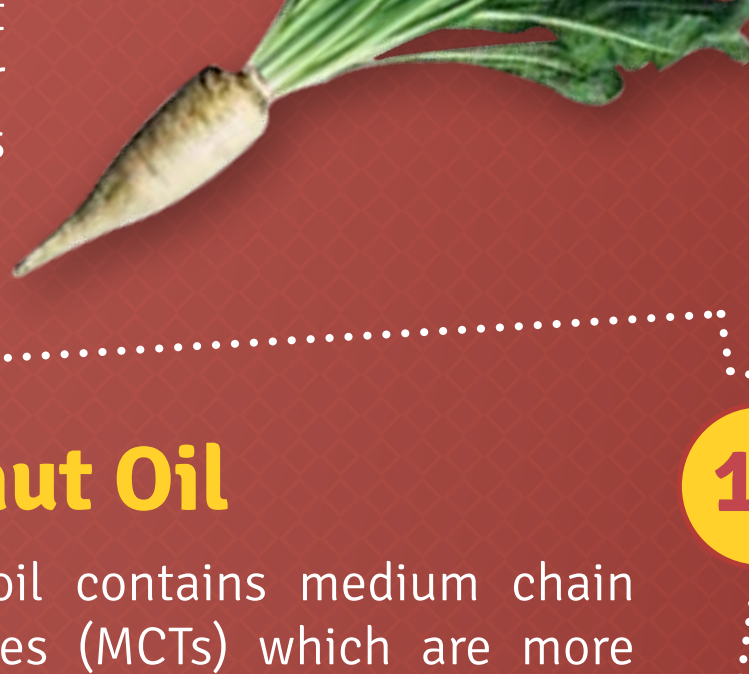
**7 Yacon**  
Yacon is a root vegetable that is very high in soluble fiber and has been shown to assist in weight loss too. One study found that overweight women lost an average of 2 pounds per week when given yacon extract for a four month period. It also caused their LDL ("bad") cholesterol to fall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



**8 Chlorella**  
A true superfood, chlorella is more than 50% protein, which helps curb appetite and preserve muscle. And, in a study published the Journal of Medicinal Food, researchers found that daily chlorella supplementation helps lower cholesterol and blood glucose levels.



**9 Chicory Root**  
Chicory root is a type of fiber (called inulin) that acts as food for the healthy bacteria in your gut. Since a healthy gut bacteria balance is important for managing your weight, the use of this rare root fiber shouldn't be overlooked.



**10 Coconut Oil**  
Coconut oil 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, these MCTs are converted into fuel for immediate use by your muscles.



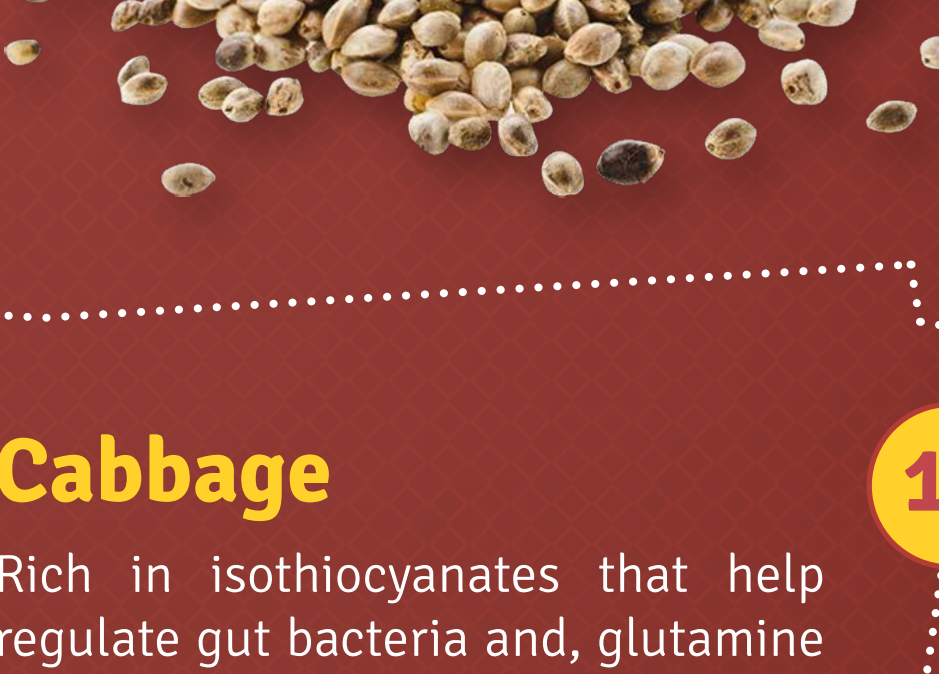
**11 Fish Oil**  
Among a myriad of amazing health benefits, fish oil has also been shown to make our cells more responsive to insulin, which allows sugar to be shuttled out of the blood while reducing the risk of dangerous insulin resistance.



**12 Brazil Nuts**  
Brazil nuts are rich in arginine, an amino acid that may help increase energy expenditure. They are also the #1 food source of selenium, a vital mineral needed for healthy thyroid (and thus metabolic) function.



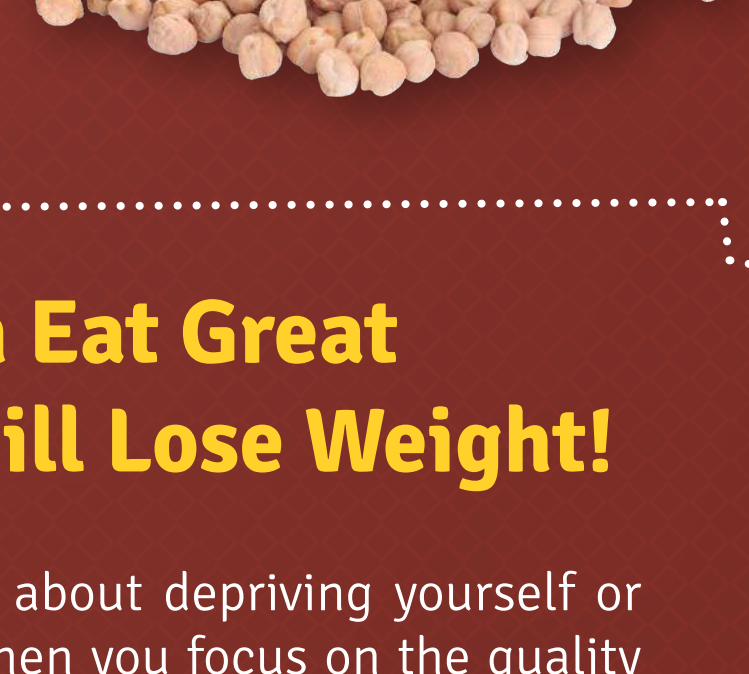
**13 Hemp Seeds**  
Hemp seeds are a great source of protein, fiber, and omega-3 fats, all of which help to curb appetite.



**14 Cabbage**  
Rich in isothiocyanates that help regulate gut bacteria and, glutamine that helps to repair the lining of your intestines, it's easy to see why this gut healing food can help you manage your weight.



**15 Chickpeas**  
Studies show that diets high in legumes like chickpeas assist in losing weight, while also lowering blood pressure and cholesterol levels.



**Yes, You Can Eat Great Food and Still Lose Weight!**

Losing weight is not about depriving yourself or counting calories. When you focus on the quality of food, quantity becomes less important.

Now, you can get the science-backed, proven strategies from 24 of the world's leading fat loss experts - for FREE - to help you lose weight and keep it off without going insane in the process.

Register for FREE at:  
[www.FatLossSummit.com](http://www.FatLossSummit.com)

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