



Functional Health Team

Patient Powered, Personal Health Teams. Better Than Medicine.

Fat Burning Foods

1. **Pears** - The University of Rio de Janeiro published a study in the journal Nutrition in which they found that women who ate three pears a day consumed less total calories per day and lost more weight than those who didn't. Pears keep you full longer and are a healthy source of daily fiber. Don't peel the fruit. Most of the fiber is in the skin.
2. **Grapefruit** - Researchers at the Scripps Clinic in California concluded that eating half a grapefruit before each meal may help you lose up to one pound per week. According to Ken Fujioka, MD a particular compound found in the grapefruit helps regulate insulin, which helps to lose weight.
3. **Almonds** - The International Journal of Obesity published research that suggests that eating a handful almonds daily contributes to weight loss. Participants in a diet study that ate almonds daily for six weeks but had otherwise the same diet as the counter group lost 18% of their body fat. The counter group lost 11 %.
4. **Chocolate** - The Journal of Agriculture and Food Chemistry published a research study from Taiwan that found that dark chocolate and other antioxidant foods may reduce fat accumulation in the body.
5. **Navy Beans** - Want to burn 25% more fat? Researchers at the University of Colorado suggest an increase in fat burning of 25% if you add one meal per day made with navy beans. This is because they are high in resistant starch, a powerful fat burner.