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Weight Loss-Three Fat Burning Foods That Keep You Full by [Armand O Wilson](#)

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Weight loss diets for burning fat really take regular people, that you see every day, and transform their body with real results. Silencing a growling tummy with satisfying foods that are filling offers a fighting chance to beat the pounding cravings of hunger. Foods that burn the fat that are high in fiber with a dose of protein are very nutritional. Start eating foods that have this combine characteristic transforming your body into the best fat-burning machine. The Burn the Fat Feed the Muscle system is owned by Tom Venuto Personal trainer, motivation coach, nutrition consultant, best-selling author, and health club manager since 1989. Here are 3 food choices that are healthy, and satisfy hunger that are belly filling foods.

1. Oatmeal

Eating a bowl of oatmeal in the morning is a great way to stay full and eat right. Real oatmeal actually contains no ingredients; rather, it is the main ingredient. Profoundly nourishing and inexpensive it is ridiculously easy to cook. Believe it or not many foods can not be eaten raw, but oatmeal is one of them that can be. Eating 4 grams in a 1-cup serving breakfast bowl of oatmeal provides quality, and that full feeling in your stomach. It has been found that the soluble fiber in oat meal reduces cholesterol in the body. Also soluble fiber slows down digestion of starch making it beneficial to diabetics because of blood sugar levels usually occur after a meal. The best fat burning foods make natural weight loss meals.

2. Salmon

The salmon fish is an excellent food that fills you up. Eating a 3.5-ounce serving size contains 22 grams of packed filled protein. Not only because salmon is a belly filling food leaving that sensation of being full, but it also contain omega-3 fats. Having a weight loss program including salmon helps you burn fat and feed the muscle with another source of vitamin D instead of milk. Also because of it being low in omega-6 and saturated fats, salmon is an extraordinary healthful fat burning food. As you eat more filling meals with your diet plans, your body fat decreases making the body start to get in its natural body type shape.

3. Quinoa

Ideally you want foods that are filling to eat, and that are not saturated with fat when your burning fat. The protein in Quinoa has the same type of molecular building found in meat and eggs making it a muscle-building food. Containing no gluten Quinoa is gluten free. The best foods for weight loss are typically less fattening, and imply that you can be sure it will give you way fewer calories while getting essential nutrition in ample amounts. Containing 12 to 18 percent protein, and 100 percent whole grain, quinoa is close to being a source perfect for balancing amino acids and Vitamin B in your diet. The amino acid Lysine is within the quinoa grain helping the body produce protein and lose weight.

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Armand O Wilson invites you to visit at <http://armandreviews.com/archives/421> The Burn the Fat Feed the Muscle, Tom Veneto, respected professional bodybuilder, personal trainer and nutritionist program is where all the answers are and begin. [Click Here](#) if you are prepared and ready, his system works with Weight Loss.

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