

Fat fighting foods

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Abstract

As globalization arrives in the third world, so does the unhealthy western diet. Over the past twenty years, poor people in developing countries have greatly increased their consumption of sweetened beverages, vegetable oils and animal-source foods (meat, poultry, fish, eggs and dairy products). People in the developing world are also adopting Western lifestyles that contribute to obesity. No country in modern times has successfully reduced its number of overweight citizens, but governments and aid programs are considering various interventions. It's true that all foods can be a possible source of fat creation, but certain foods can help burn fat or reduce fat. Some foods contain certain vitamins or minerals that help improve the metabolism and improve the fat burning capacity, of the body and act as virtual fat burners. While some foods contain less calories while requiring more complex digestion and assimilation causing the expenditure of energy and thus acting as virtual calorie burners. Some foods create a sense of satiation even when consumed in small amounts while also being low of calories. Certain means of cooking reduces the calorie profile of the food and thus helps in reduce fat creation. Eating these foods, in the right quantities, over a period of time will ensure that the fat profile starts reducing. When we talk about burning fat it also includes foods that help reduce the possibility of new fat creation, because this would indirectly help you burn fat at a faster pace through your activities (like exercising). A lot of people try to starve their nutrition in a bid to reduce fat. This approach can have spurious effects on the harmony of the body and is not a wise or healthy way to reduce fat. The right way to reduce fats would be to eat foods that reduce the possibility of further fat deposition, or foods that assist in burning fats, while also taking up calorie-burning exercises (like aerobics, yoga and resistance/weight training) to use up the past-stored fat in your body. Citrus fruits, Oats, vegetables, lentils, chicken, eggs, almonds and walnuts, salmon, cinnamon, garlic and onions, flax seeds etc are some of the easily available foods that can help in the process of burning fats or reducing the fat profile of the body.

Keywords: Globalization, Obesity, Fat fighting foods

Biography

Deepa Agarwal has completed her PhD at the age of 27 years from Sri Ramachandra Medical College, one of the renowned medical institutions in India. Her prime area of interest is Paediatric and Critical Care Nutrition. She is a consultant Nutritionist in a leading multispecialty hospital. She has seven international publications to her credit and has attended many national conferences as well as international conferences.