

Tips for Quick and Easy Weight Loss With Vegetables and Fruit

Fresh vegetables and fruits have lots of antioxidants, vitamins and fiber. The fiber fills you up, latches onto fat and moves it through your digestive system. Instead of potato chips and dip make a platter of crunchy sweet carrots, crisp cucumbers, and baby tomatoes. The dip can be nonfat plain yogurt mixed with dried onion flakes, freshly ground pepper, chopped green peppers and the herb of your choice, dill is delightful.

Many vegetables and fruits have added health benefits. For example Kale cuts down on calcification in blood vessels, a leading cause of heart disease. Apples have pectin which latches onto cholesterol.

If you prefer fruit as your snack eat the whole fruit don't just drink the juice. Again the fiber in the whole fruit has benefits that juice doesn't. Plain juice will spike your blood sugar. The fiber in the whole fruit mitigates that spike.

Try veggies you would ordinarily pass up because they're unfamiliar. Dark green veggies are healthier than light green. Try the veggies raw. If that's not to your taste, and let's face there isn't a lot to be said for raw eggplant, lightly steam the veggie, or stir fry in a bit of olive oil.

Roasted vegetables can make a satisfying dinner all by themselves. Peel the veggies if necessary but it's preferably to leave the skin on if possible. Cut into equal size chunks about one inch square. Toss with one tablespoon of extra virgin olive oil. Olive oil is good for you. Salt and pepper to taste. Roast for 30 to 45 minutes until the veggies are golden brown, soft, but not mushy.

Try carrots, parsnips, sweet potatoes, and Brussels sprouts. Or for a southwest kick use green and red peppers, crushed garlic, tomatoes, onions, and chunks of corn on the cob, dusted with cumin and spicy red pepper flakes and a squeeze or two of lime juice. About 10 minutes before the veggies are done add 1/2 can of black beans. For a German twist use green cabbage chunks, onions, your selection of root vegetables like parsnips, rutabaga, or turnips. Sprinkle with caraway seeds.

Grilled vegetables are another taste treat. Blanch the vegetables first by placing in boiling water for 60 seconds, then drain and pat dry. Season to taste. Try red wine vinegar or balsamic vinegar as a quick marinade. Grill a few minutes on each side.

Vegetables and fruits can lead to easy weight loss.

About the Author

Free report [Tips to Lose Weight Fast](#) Dee Power is the author of several nonfiction books. She writes on several subjects including business planning, debt management, and weight loss. [Acai Fire](#)

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