

Color Yourself Thin for Quick Weight Loss

You've probably known your colors since kindergarten, but staying away from certain colored foods and feasting on others can lead to quick weight loss. If you look at the produce section of your grocer's you'll see a rainbow of colors - but mostly greens.

Green is the gold standard when it comes to food. Green means veggies, salads, and fruits like apples and limes. The more green food you eat the fuller you'll be and you won't be tempted by less healthy foods. Spinach, cabbage, kale, broccoli, leeks, lettuce, and kiwi fruit, are just a few examples of eating green.

Red, yellows, and blues are the colors for you, but not the artificial colored kinds. Eat lots of red tomatoes, apples, strawberries, and raspberries. Yellow means corn, onions, pineapple, bananas, peaches, apricots, and lemons. Blue comes in blueberries which has been crowned the queen of fruits for all its antioxidant properties.

With a few exceptions the color to stay away from is white. In most cases white foods are processed and have little value other than calories. Sugar is the number one white food to avoid, followed closely by flour, which shows up in bread, cookies, cakes, and as a thickener for many sauces. The exceptions to the "say no to white," would be vegetables like parsnips, rutabagas, and potatoes. Yes, potatoes are a vegetable. The problem with potatoes is that when you add the butter, sour cream, bacon bits, and cheese you've changed the vegetable into a high fat calorie laden side dish.

When cooking your food try to keep the color as close to the original as possible. Bright greens have more flavor than over cooked gray green vegetables. The less the food is cooked the healthier it is. And the longer it takes to digest. Cooking breaks down fibers which means your digestive system has less work to do. Fiber carries away fat.

Brown be borderline. Brown as in meat, like beef and pork. Protein is an important part of any weight loss program, but keep brown the least predominant color on your dinner plate. Of course there's always an exception to the rule, and the exception for brown is brown rice. In case you didn't know brown rice is white rice with the hull still on. That hull has lots of nutrients and it takes longer to digest so you feel full.

One last note, if the color doesn't occur naturally in nature then in all probability it shouldn't show up on your menu.

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 Berry Blast](#)

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