

# Kessinger Health & Wellness Centre

## Alternative Health Care

# Negative Calories...

### What are Negative Calorie Foods?

All calories are not the same. For example, a single potato chip or French Fry provides about 70 calories. A large apple provides the same number of calories. However, the effects of both foods are different on your body. They both contain the same number of calories, but which is more filling? You would have little difficulty in eating 10-20 potato chips. After that you can still eat a full meal and there would be little difficulty in eating a few more chips. But can you eat 10-20 apples? NO, because you feel full after you eat a few apples.

The effect of eating so many potato chips would be adding fat to your body because they contain too much fat for frying (note that potatoes themselves are not fattening!), and it takes about zero energy for your body to turn this fat into body fat. On the other hand, the apple will be doing much more good to your body than you think. Your body has to work hard in order to extract calories from it. Simply the number of calories does not tell you just how fattening that food is likely to be.

The body has to work hard in order to extract calories from certain foods. Even though foods may contain an equal number of calories, much less of these calories can possibly turn into fat in fat burning foods (negative calorie food), thus fewer calories can be actually available to the body. This gives these foods a tremendous natural fat-burning advantage.

Example: If you eat 100 calories of food that requires 150 calories to digest, then you have burned an additional 50 calories simply by eating that food! Typically, a 25 calorie piece of broccoli requires 80 calories to digest into the body, resulting in a net loss of 55 calories from body fat. Processing such foods through the digestive system consumes more calories than the actual calorie content of the food itself. **Thus, the more you eat the more you lose weight!!!!**

Listed on the next page are important foods that have negative calorie effects. Take a careful look at the foods and formulate the best way to add them to your diet. You should feel free to eat them in very generous portions without frying and with no butter, margarine or fatty toppings. You will be surprised how your diet, metabolism and figure will improve.

**Kessinger Health and Wellness Diagnostic Centre**

**411 Hwy 72 E., Rolla, MO 65401**

**573-341-8292**

# NEGATIVE CALORIE FOODS

## Negative Calorie Foods

Apples (un-peeled)	Coriander	Kale	Pineapple
Apricot, Dried	Chickpeas - Garbanzo	Kidney Beans	Pomegranates
Apricot, Fresh	Bottle Gourd, Loki	Kiwi Fruit	Prunes
Artichokes	Chili Green	Kohlrabi	Pumpkin
Asparagus	Chili Red	Lettuce	Quince
Bamboo Shoots	Cloves	Lentils Mung Beans	Radishes
Basil	Chickory	Lime, Lemon	Raspberries
Beans - Green	Chives	Mango	Rhubarb
Beets	Corn	Mint	Sage
Beets - Green	Cranberries	Mushrooms	Sauerkraut
Bitter Melon Bitter	Cucumber	Mustard Greens	Savory
Gourd	Dandelion	Mustard Seeds	Spinach
Blackberries	Dill	Nectarines	Squash
Black Eyed Beans	Endive	Okra	Sweet Potato
Broccoli	Garden Cress	Onion	Strawberry
Brussel Sprouts	Gram Black Chana	Orange	Tangerine
Cabbage	Garlic	Oregano	Thyme
Carrots	Grapes	Papaya	Tomato
Cantaloupe	Grapefruit	Parsley	Turnips
Cauliflower	Guava	Parsnip	Watercress
Celery	Green Onions	Peaches	Watermelon
Cherries	Green Peppers	Pears	Zucchini
Cilantro	Horseradish	Peas Green	Yam

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