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Burn Calories Without Hardcore Exercise!

These days it seems that everyone is on a diet. There are thousands of diet programs making Billions of dollars helping people lose weight, yet we still have an alarming number of obese adults and children. Here are some ideas on how to lose [weight](#) and keep it off.

Weight loss comes down to a simple equation; [calories](#) in = calories out causes you to maintain your weight, consume more calories than you burn you lose weight, burn more calories than you consume and yippee weight loss! It really is simple when you think about it like that. The only problem is that our society today is all about eating. Every where you go there is food. My mother in law (who is in her 80's) told me that they would eat breakfast head out for the day and not eat again until lunch she never snacked in between meals. When you played sports there wasn't any ice cream, cookies or chips after each game. If there was food it was oranges or apples and water. They also ate what was given to them including thier vegetables. They learned from their mother's that you needed to eat a balanced diet. Nowadays what are we teaching our children? That we are in such a rush that the drive through is fine? Health experts are speculating that the generation growing up now will be the first generation in history to be outlived by their parents! Being a mom that scares me. To maintain a healthy body we must eat a healthy nutritious diet. If you break it down to the simplest terms consume fewer calories and get regular exercise. This is important for you and if you have kids it is very important for them to learn how to feed their body what it needs.

Here is a [weight loss secret](#) you can use today to be slim, trim, energetic and happy!

Fiber is very important to your body. Fiber is an insoluble material that requires more calories burned to digest the fiber in the beans than is contained in the serving! This in effect means your calorie consumption has been reduced by eating the beans. Crazy isn't it! Almost all legumes have this property. Make friends with all of them. One half cup of canned kidney beans isn't much, sprinkled over a salad. While they contain about 90 calories, there's also about 10 grams of fiber. Just a half cup of cooked spinach has only about 25 calories, but 7 grams of fiber.

Foods rich in fiber offer more than calories burned. Fiber-rich foods help your body eliminate the toxins and bacteria from your digestive system. This gives you more energy. Foods such as oranges, apricots and apples are rich in fiber and contain antioxidants which studies have shown, help protect against cancer. Nourishing your body gives you the benefits of many vitamins and minerals necessary to good health.

Google 'Fiber content food chart'. This will give you plenty of info on fiber rich foods. It will also tell you the calories required to digest them. Make fiber work for you! This will help you lose weight, nourish your body and get a sustained burst of energy.

Check out this article by [Van T](#)

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