



The Functional Foodie

Fuelling Foods

This completes your toolkit of what a balanced, healthy diet should look like, one that means reaching a happy weight, buzzing with energy, and bouncing with happiness, health and vitality! Let's look at specific foods to choose for the purpose of working with the body to fuel it while boosting metabolism. Instead of salivating over cake with your coffee, lusting after our fellow diners' pizza or dreaming about a full cheese board, consider learning to look forward to delicious and healthy foods that actually speed up metabolism, steady energy release, stabilise mood, and prevent the storage of more fat.

Green tea -

Choose green tea over black tea or coffee. Studies have found that green tea is not only packed with flavonoids and antioxidants, it helps burn the calories from the food you're eating while you're eating and digesting it. It's no coincidence that green tea is a staple with Asian cultures, who are very rarely overweight in the same way that we are in the West. 5 cups a day has been shown to have an effect.

Garlic -

Garlic supports blood sugar metabolism and helps control lipid levels in the blood. Adding crushed fresh garlic in cooking is yet another weapon in the sugar release arsenal!

Apples -

Apples are a low-calorie, nutrient-dense source of fibre, so eating them with meals or as snacks can help you feel full longer. Eating an apple each day can also help prevent metabolic syndrome, a disorder associated with abdominal fat, cardiovascular disease and diabetes.

Organic live yogurt -

Probiotics in yogurt help beneficial bacteria in the gut process food more efficiently. Studies have found that eating yogurt as part of a reduced-calorie diet can help burn

fat faster than going without, and other studies have demonstrated that those who ate dairy products regularly stored less fat around their waists.

Celery -

A main player in the “negative calorie diet” which claims that some foods take more calories to eat and digest than they contain. Not entirely true, but eating celery can still help you lose weight as it’s made up of mostly water and indigestible cellulose, so including it in your meals may help you eat less than you would otherwise.

Cinnamon -

Cinnamon is a natural blood sugar stabiliser, proven in a 2007 study to reduce blood sugar spikes. Research continues into whether cinnamon could be an alternative treatment for type 2 diabetes.

Broccoli -

Broccoli contains two essential nutrients, calcium and vitamin C, which team up to boost metabolism, but watch out if you have an underactive thyroid - too much broccoli, or other goitrogenic foods can interfere with the production of thyroid hormones.

Lean protein -

Protein also helps curb hunger and ensure that the weight you lose is fat, not muscle. Having a higher lean muscle mass helps burn more calories on a daily basis, aiding in longterm weight control, so keep exercising too!

Healthy fats -

Eat fat to burn fat. Healthy fats only though! Healthy fats can actually aid the body in burning calories, especially calories from stored fat, but as they are still high in calories themselves, moderation is key!

Beans -

Another ideal source of lean protein, beans are rich soluble and insoluble fibre, which help lower insulin levels after digestion, causing your body to store less fat. The process of digesting the fibre and proteins in beans burns extra calories, too.

Brown rice -

The higher fibre in brown rice and its effects on insulin levels are what makes brown rice a great metabolism-boosting food. Choosing a whole, unrefined carb like brown rice instead of white rice, white flour and other processed carbs is crucial in weight loss and blood sugar balance.

Almonds -

A low calorie diet rich in almonds can help increase weight loss, according to a 2003

study. Researchers have speculated that the good monounsaturated fats in almonds not only have an effect on insulin levels, but also give dieters a sense of satiety, so they eat less. Great as a snack to stave off hunger pangs, especially mid-afternoon.

Dark chocolate -

Research has confirmed what all chocoholics hoped - eating dark chocolate can aid in weight loss because of its effect on stress hormones. Study subjects who ate chocolate daily had reduced levels of cortisol, which prompts the body to store fat, especially around the middle. one or two small squares a day are a positive benefit. Again, moderation is crucial, plus eating organic dark chocolate. Mars bars don't count.....

Vinegar -

Acetic acid in vinegar may induce the release proteins which break down fat. One study saw participants drink either 1 or 2 tablespoons of apple cider vinegar daily for 12 weeks and concluded significantly lowered body weight, BMI, visceral fat and waist circumference.

So, there you have it - a lovely list of really good foods to boost energy, balance mood, support health and promote weight loss, chocolate among them! How many do you eat already, and which do you think you'd like to incorporate regularly? Jump into the Functional Foodies group on Facebook and let us know what's going on; accountability and sharing are a really important part of staying on track to reach whatever goal you have.