

## **What Are The Best Foods To Eat To Lose Fat?**

First and foremost, this is probably the topic which has the widest range of conflicting views. One person's approach is another person's hatred.

My personal nutritional plan varies a lot from person to person yet there are always underlying similarities. For example, I am someone who has always digested food quickly. If I eat something that releases an appreciable amount of insulin (even things such as high GI fruits or low glycemic grains) my energy levels do not stay stable, I find myself getting hungrier, quicker and my concentration is not as good. For this reason I like to eat higher portions of proteins with higher portions of fats, my carbohydrates are kept relatively low sticking with vegetables as my main source. On the other hand there are people who can eat processed white grains and still feel good an hour later. Although there can be many reasons for these differences the obvious take home message is that one diet may work amazingly for one person and horrendously for another.

When looking for fat loss it is even more important to keep your insulin levels low. A blood sugar rollercoaster is one of the worst things that can happen to someone trying to lose fat. Stages in this rollercoaster will have you storing fat and others will have you catabolising muscle which indirectly stores fat as well. This is why it is so important to make sure you are eating what works well for you. Don't follow the exact diet of the person next to you just because you read it in the latest fad diet book.

Nutrition will be different depending on a lot of factors;

- How you respond to food (this is where Metabolic Typing comes in)
- What your goal is
- What hormonal profile you have (this is where Biosignature comes in)
- Any food allergies/intolerances/sensitivities you have
- What your bodyweight is
- What your percentage body fat is
- How much training you are doing
- What type of training you are doing.

The list goes on.

While there are obviously a lot of differences in how you can tailor your nutritional plan to work more efficiently for you I have one rule which I adhere to strictly when coming up with a long term strategy. My rule is that your foods must come from natural sources. I strongly believe that foods that we have been eating since we were cavemen are foods that we work optimally on. The human gene does not evolve at such a rate that our body knows exactly what to do with the chicken nuggets, chips and a coke you eat when you are in a rush.

My typical idea of a healthy food shopping list contains foods solely from the following categories;

- Meat
- Fish
- Nuts
- Seeds
- Eggs

- Vegetables
- Fruits
- Water

There are a few exceptions to the rule, for example you don't have to phone me if you want to buy green tea and aren't sure because it isn't on the list- it's fine! The point of this is that anyone who follows this rule will usually see a sharp increase in their health. Some people are actually so unhealthy and so toxic that eating clean foods makes them feel ill while your body starts detoxifying- a good quality multivitamin should help this in most cases. There are also going to be better choices within this list but the idea is that you exclude foods which are damaging to your body and only eat foods which have healing properties. Other stipulations are to avoid anything breaded and anything microwaveable even if it is just chicken with vegetables- it is simply not good for your food and in turn not good for your body.

If you want to take control of your health and physique by taking this article as a challenge then adhere to buying foods only from this list for a minimum of 4 weeks. I would like to hear from you if you have tried this in the past or want to try it in the future.