

## These Fruits and Veggies have been Scientifically Proven to be the Best for Losing Weight

By: Sarah Landers, Natural News



Most adults gain weight as they age, and scientific studies have shown that even small increases in weight can have a substantial impact on our risk of developing hypertension, diabetes, cardiovascular disease and cancer. It seems like almost everyone is on a diet, and there is so much information online about what you should and shouldn't be eating. For example, fruit is good, but high in sugar. Sugar is bad, so don't eat fruit. ... With all the information available, it's hard to know what foods to put into our bodies.

A study that has just recently been published in the *British Medical Journal*, reports that tea, blueberries, apples, pears, prunes, strawberries, peppers, celery and grapes have been scientifically proven to help you lose weight.

The study has been years in the making, and examined a sample of 124,000 U.S. men and woman over a period of 24 years, to determine whether dietary intake of flavonoids caused any weight changes over time. The answer? Yes!

### What is a flavonoid?

Flavonoids are naturally occurring bioactive compounds that represent the composition of fruits and vegetables – looking beyond calorie and macronutrient contents. Previous studies have shown that the consumption of certain fruits, including blueberries, apples, pears, prunes, strawberries and grapes, has had a negative effect on weight gain over time.

An increased intake of peppers and celery has also been associated with less weight gain, and the mechanisms responsible for these benefits, as well as the specific constituents may explain why.

The fruits and vegetables that have been associated with lower weight gains are rich sources of several flavonoids (particularly flavonols, anthocyanins and flavones). Using a combination of animal models and short term human studies to provide evidence around the underlying mechanisms, scientists have shown that several flavonoids can decrease energy intake in the body, increase glucose uptake in the muscles, and decrease glucose uptake into the adipose tissue.

Meanwhile, other studies on green tea, which is a rich source of flavonoids, suggest that it can decrease fat absorption, while increasing energy expenditure. Green tea has gained a lot of publicity over recent years for its weight loss capabilities, being heralded as one of the healthiest drinks on the planet.

Green tea is packed full of antioxidants and various other substances that are beneficial for your health – including those handy flavonoids.

It also contains caffeine – which isn't always a bad thing, as caffeine can assist with fat burning, and improve your performance when exercising. As far as antioxidants go, green tea is full of EGCG (Epigallocatechin gallate), which is known to boost your metabolism.

In conclusion, choosing high flavonoid drinks, fruits and vegetables – such as apples, pears, berries, green tea and peppers – may help control your weight. The study shows that our dietary needs go beyond eating any old fruit or vegetable to meet our "five-a-day recommendation." By carefully choosing which fruits and vegetables we consume, we can have a greater impact on our health.

It is hoped that this study will help health officials to refine previous dietary recommendations, with a view to preventing obesity and its potential consequences.

Strategies to combat the growing childhood obesity crisis, and to help people maintain a healthy weight from childhood through adult life, are critically needed, and these flavonoid-rich fruits and vegetables might hold the key to healthier lifestyles.

**Sources include:**

[www.BMJ.com](http://www.BMJ.com)

[AuthorityNutrition.com](http://AuthorityNutrition.com)

