

# Weight Loss Secrets – Diet Foods

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Diet pills, fad diets, surgeries. These are just some of the popular options that many people spend a lot of money on just to lose weight. True, they are effective, but for only a short while. The most effective **weight loss secrets** are based on the foundation of healthy living and don't require a lot of stringent rules to follow. However, there are certain foods that serve as weight loss cheat foods which serve as safe snack foods.

## Almonds

According to research, almonds are very efficient in controlling hunger. The fat they release provides the stomach the impression of fullness, thus minimizing your chances of snacking on other foods in-between meals. Almonds produce healthy fats which make them ideal diet snacks.

## Oatmeal

Oatmeal, comprised of low releasing carbohydrates, is considered a great breakfast meal. According to research, more fats may be burned by taking oatmeal a few hours before exercise.

## Eggs

Contrary to other diet beliefs, eggs are great weight loss foods. This is because you have lesser chances of getting hungry easily thus minimizing the tendency for you to eat more in-between meals. They have the ability to keep you stay full longer which makes them ideal for breakfast. Same goes for snacks with eggs. The snacks aren't only made more satisfying, but the filling power is also effectively enhanced.

## Apples

Apples are naturally rich in fiber which promotes weight loss. They supply important nutrients needed by the body in order to stay healthier. As the popular saying goes, "An apple a day drives the doctor away." Fruits are very essential in the diet, and apples are definitely one of those rich in nutrients.

## Low-calorie sweet treats

Though treats don't exactly belong to the health foods category, it is still a good idea to indulge on a small treat every once in a while. It can actually help you stay motivated. After putting a great effort to lose weight and eat healthy, low calorie sweets treats serve as your reward for the job well done. According to research, sweet foods help block stress-producing brain molecules. Totally eliminating sweets on the diet would just result to an enhanced level of stress which tends to increase the chances of binge eating.

Always remember that together with the above-mentioned diet foods, it is still important to maintain your daily exercise not only to lose weight, but in order to stay healthier.