

8 foods when combined together help to lose weight quickly

Besides practicing useful exercises, a reasonable diet is also an important factor to help you achieve the same weight and stay healthy. So what food combination do you know with which foods to lose weight quickly and safely for your health?

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Besides practicing useful exercises, a reasonable diet is also an important factor to help you achieve the same weight and stay healthy. So what food combination do you know with which foods to lose weight quickly and safely for your health?

In fact, some foods when combined together not only make food better but also help you lose weight in a healthy way, enhance digestion, provide energy and help you become more slim. Here are **8 foods when combined that will help you lose weight in an effective and healthy way** . Invite you to consult!

Vegetables + eggs



According to one study, **eggs are rich in carotene** , a precursor of vitamin A, which is also an element that helps color in green vegetables. When combining eggs with green vegetables, the carotene content is doubled, thus losing weight faster. In addition, carotenoids not only help with weight loss but are also good for vision, cancer prevention and help nourish your skin. These two foods rich in calcium and fiber are very suitable for you during the weight loss period.

Chicken + red chili



Chicken is a protein-rich dish that helps you absorb less calories during the next meal. Meanwhile, red chili helps speed up the fat burning process and restricts appetite, accelerating the process of converting food into energy. When combining red chili with protein-rich chicken, this metabolism will take place more vigorously and minimize excess fat accumulation under the skin.

Corn + beans



A recent study has shown that a diet rich in legumes helps to lose weight more effectively than other calories loaded into the body. Meanwhile, corn contains complex carbohydrates, helping to maintain a firm physique. These two foods combine to be extremely low in calories, so they are not afraid to gain weight.

A week of eating a bean at a time will help you lose weight faster. Adding corn to eat with beans will increase the effectiveness of thinning because it prevents the body from absorbing calories and glucose.

Green tea + lemon



Green tea is rich in catechins, a powerful antioxidant. While, lemon is used to enhance metabolism of catechins, which helps the body absorb this substance more easily. These two ingredients, when combined together, increase acidity, help digest food faster, thereby eliminating excess fat effectively.

Salmon + asparagus



Salmon meat, which is rich in omega 3 but does not cause weight gain, now incorporates extremely fiber-rich asparagus to help prevent body fluid accumulation.

Almonds + yogurt



Some vitamins such as A, D and E in yogurt will be best absorbed when combined with fat in almonds. Combining these two foods helps the weight loss process take place quickly, enhances digestibility while helping the beautiful skin but also balance shape.

Avocado oil + spinach (spinach)



These two foods, when combined, will be a weapon to help prevent cravings quickly: avocado oil helps to reduce cholesterol in the body, in addition to containing lots of B vitamins, vitamin E and potassium; and spinach with less calories helps to last longer. When combining these two foods together, it helps to saturate for a long time, limiting calorie intake.

Tuna + ginger



Ginger has long been considered a herb that cleans the stomach, cures stomach pain and blocks enzymes that cause inflammation. At the same time, tuna contains omega-3 to help prevent fat accumulation in the abdomen. Combining these two foods with meals is the most effective way of losing weight to have a healthy physique and a toned round.

In addition to the food should combine to lose weight effectively, pay attention to the following combinations to avoid:

1. Protein (*meat, fish, eggs .*) and carbohydrates (*bread, cereals, potatoes, pastries*).
2. Sour foods (*oranges, apples, tomatoes*) and carbohydrate-rich foods.
3. Two different proteins, such as bacon and eggs.
4. Protein and starch, such as chicken and pasta.
5. Starch and sugar, like potatoes and tomato sauce.
6. Sugar and fat, like ice cream or sweet cakes.
7. Fruits with other foods, like strawberries with cream.
8. Carbohydrates and sugars, like sweet cakes with jam and sweet butter .
9. It is best to drink milk away from the main meal or eliminate it from your daily diet.

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Having fun!

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