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Fortnightly Challenge

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Phone: 1300 21 31 41

Fax: (02) 9439 9366

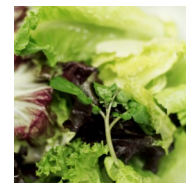
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**Corporate
Bodies
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This fortnight's healthy topic...

Myth Buster: Fat Burning Foods



Media is saturated with claims of the next big weight loss diet.

Celebrity diets, blood type, body type, almost every day we hear about the weight loss diet that is guaranteed to melt away extra kilos. But how do you know when to listen to these claims?

MYTH: Certain foods have "Fat-Burning" properties

No foods can independently burn fat. Many common "fat-burning" foods are promoted to have additional properties, so called fat-burning enzymes or an ability to speed metabolism.

Although a closer look at these foods shows they contain little fat, are usually low in protein, carbohydrate and most certainly are low in kilojoules.

Weight loss from diets containing "fat burning" foods is achieved by restricting energy intake, and NOT the result of certain properties of these foods.

These diets are deficient in essential vitamins and minerals. Following these diets is dangerous to health given their failure to meet nutritional needs.

Examples of "Fat-burning" foods

1. The grapefruit diet has no fat, is low in kilojoules, high in vitamin C and is deficient in protein, fibre and many vitamins and minerals.
2. Proponents of the cabbage-soup diet reported to feel weak and light-headed given that it is extremely low in kilojoules, complex carbohydrates and many essential nutrients.
3. Caffeine-rich foods may temporarily speed your metabolism however, they do not cause any weight loss.
4. "Free Foods" are those with a low energy content and are unlikely to significantly contribute to body weight. Free foods can be included liberally as part of a balanced diet. Incorporating free foods may help to increase bulk into a meal.

Here's to demystifying another health topic!

Yours in Health, **[The Corporate Bodies Team.](#)**