

### Introduction

A negative calorie diet would obviously result in starvation in the long term and nutritional deficiencies can occur surprisingly quickly. The calories burnt usually come from muscle mass, and the result is debility and wasting.

A more healthy way to use a negative calorie diet is as a form of fasting or detox. It is something you can do for one to three days right. Provided you are otherwise healthy it can be a great way to clean out the system. However it is still best to take medical advice before attempting this.

### Using a Negative Calorie Detox

**1. It is never a good idea to eat huge quantities of one type of food, especially fruits.** A lot of foods contain substances that can be damaging if consumed to excess. For example, the acid in grapefruit and pineapple can damage your stomach lining. Other foods put an excessive burden on the liver or may cause diarrhea. So try to use all the different foods in small quantities.

**2. Do not spend all day eating.** You will just become bloated and feel sick. If you are only doing this for a couple days, you should not feel too hungry. Plan four or five salad meals each day, and let your digestion rest at other times.

**3. You will feel more satisfied if you eat slowly and chew your food thoroughly.** You will also use more calories that way. So if the foods can be eaten raw, that will be more effective than cooking them. Foods like carrots and beets will also be more satisfying if you eat them grated.

**4. Schedule time when you do not have any important commitments.** As with fasting or any kind of detox, you may suffer some uncomfortable symptoms including headaches, tiredness, depression and irritability. If these become severe, stop the diet and see a doctor.

**5. When you end the detox, plan a gradual return to normal eating.**

### The Amount of Calories You Burn Can Change

The amount of calories you burn in a day can be roughly split into 4 parts.

■ **Basal Metabolic Rate (BMR):** The amount of calories your body uses to maintain vital functions, such as breathing, heart rate and brain function.

■ **Thermic Effect of Food (TEF):** The calories burned while digesting a meal. Usually about 10% of calorie intake.

■ **Thermic Effect of Exercise (TEE):** Calories burned during physical activity, such as exercise.

■ **Non-Exercise Activity Thermogenesis (NEAT):** Calories burned fidgeting, changing posture, etc. This is usually subconscious.

All 4 of these can go down when you cut calories and lose weight.

### Negative Calorie Foods

Apples	Lamb's lettuce
Asparagus	Lemons
Beets	Lettuce
Blueberries	Onions
Broccoli	Papayas
Cantaloupes	Pineapples
Carrot	Prunes
Cauliflower	Radishes
Celery stalk	Raspberries
Celery root	Spinach
Cranberries	Strawberries
Cucumbers	Tangerines
Eggplant	Tomatoes
Endives	Turnips
Garden cress	Zucchini
Garlic	
Grapefruit	
Green beans	
Green cabbage	

### Negative Calorie Foods

# NEGATIVE CALORIE FOODS

## VEGGIES

ASPARAGUS  
BEET ROOT  
BROCCOLI  
CABBAGE  
CAULIFLOWER  
CELERY  
CHICORY  
HOT CHILI  
CUCUMBER  
GARDEN CRESS  
GARLIC  
GREEN BEANS  
LETTUCE  
ONION  
RADISH  
SPINACH  
TURNIP  
ZUCCHINI

## FRUIT

APPLE  
BLUEBERRIES  
CANTALOUPE  
CRANBERRY  
GRAPEFRUIT  
HONEYDEW  
LEMON  
LIME  
MANGO  
ORANGE  
PAPAYA  
PEACH  
PINEAPPLE  
RASPBERRY  
STRAWBERRY  
TOMATO  
TANGERINE  
TURNIP  
WATERMELON

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Page 1 of 2.

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