

# Weight Loss Drinks



# WEIGHT LOSS DRINKS

Obesity is a major concern. It is not only a cause of several health issues; it also shatters one's confidence and affects the looks. People make extensive efforts to shed some pounds, and some fail even after a strenuous workout. The problem is mainly because of the inappropriate eating habits and the diet that one take. Want to get rid of excessive body weight? Tired of ineffective efforts? Want to look SMART? Here is the simple solution.

We have come up with a list of magical drinks using which you can easily reduce some weight and keep your body fit and smart. Give it a read and get yourself some healthy drinks for weight loss.

## GREEN TEA

Among the countless benefits of this healthy drink, a significant one is its weightless properties. Green Tea is rich in highly useful compounds called as catechins. These are helpful in reducing the fat storage as they enhance the fat release from the cells. Moreover, catechins boost up the liver to transform more stored fats into energy and consequently result in weight loss.

Drinking 4-5 cups daily would be helpful. Particularly, consuming green tea before your workout session speeds up the fat burning process.

## MINT TEA

This refreshing beverage has several advantages. Its pleasant fragrance makes it suitable for both the winters and summers and this is a naturally low-calorie drink. Sniffing its scent is known to suppress the hunger which makes you eat less. Consequently, it helps in reducing weight.

Mint Tea (made from fresh paper mint leaves) contains just 2 calories in the serving of 8 ounces. The fruit soda of same serving (8ounces) provides 101 calories. Thus, if you prefer mint tea over it, you are consuming fewer calories

that are helpful in lowering weight. To make it more fruitful, avoid adding a lot of sugar.

## WHITE TEA

Taking white tea would do wonders to your weight loss efforts. It is packed with anti-oxidants that boost up the metabolisms and bring out positive results. Being dried in the sun, its nutrients remain intact and provide maximum benefit to your body. The anti-oxidants present are proved to speed up the fat breakdown and slows down the formation of more fat cells. Thus, this is an excellent choice as a diet tea. Its regular consumption helps in keeping the waistline tight and toned.

## BLACK COFFEE

This all-time favorite beverage is loaded with health benefits. The plain black coffee is free from calories. If you don't have a sugar and cream, it is one of the best and most effective weight loss drinks. Replacing your sugary tea or milk coffee with black one would lower the calorie intake. Those who use it regularly have reduced obesity risk

Rick in caffeine, it enhances the thermogenesis, which is referred as the process of burning calories.

## FAT-FREE MILK

Benefits of milk are known. Being a rich supplier of calcium, it enhances the weight loss because of the following main reasons:

The calcium in milk reduces the release of calcitriol, a hormone which contributes in gaining weight. Less the calcitriol more is the fat burning. The calcium is also known for reducing the appetite which results in low consumption of food and calories.

# WHEY PROTEIN

This one contributes to lean muscle maintenance and in reducing the body fat. It increases the release of a hormone called cholecystokinin, which suppresses the appetite. Thus, consuming more of it helps you to eat less. Whey protein also controls the level of insulin and blood sugar for low-fat storage and high-fat burning rate.

Make use of these drinks and enjoy reducing your weight.