

8 Super Foods

Here's the kicker: There's no such thing as fat-burning foods. All foods contain calories; it's just a matter of choosing the right ones and burning off the extra calories you consume to lose fat.

“Fat-burning foods’ sound really convincing,” says nutrition expert Dr. Lisa Hark. “But exercise is still the best way to burn fat. Eating three servings of fruits, vegetables, whole grains, lean protein, and [low-fat](#) dairy every day can help you look and feel great and this, combined with exercise, will help you stay thin.”

You know which foods to avoid – the sweet, the salty, even the processed. But do you know which to devour? Here are eight great foods to keep you on track:

Sweet Potatoes

In a recent Australian study, potatoes proved to keep participants full for two hours after a meal. For added nutrients, skip white potatoes and get sweet!

Beans

With 11 grams of [fiber](#) per cup, beans will keep you satisfied beyond the time for your next meal. Toss them into a salad or a stir-fry to avoid mid-afternoon or evening cravings.

Apples

Packed with water, apples will keep you feeling full and only cost you 80 calories.

Popcorn

Choose low-fat salt and butter-free microwaveable popcorn as a snack and you don't need to feel guilty about mindless munching.

Oatmeal

The best [breakfast](#) you can have, oatmeal, keeps you full for hours. It also has a high content of fiber which keeps you regular.

Salad

A salad at the beginning or end of your meal will stuff you, so you're not hungry in two hours. It is so low in fat and calories that it's almost a free food. Indulge in salad!

White Fish

Extremely low in fat, grilled cod, bass or halibut all have a tendency of curbing hunger.

Soup

Begin every meal with a cup of broth-based soup. It fills you before you get to the bad stuff.