

Calorie – the myth of ‘Negative calories’

The idea which is propelling the ‘Negative Calorie Food’ diet is actually a good marketing scam.

Lose weight by eating more of foods you actually like, never mind what they are, and become healthier in the process! What a wonderful idea for this lazy and undisciplined generation. They even have a “negative food list” which they will gladly sell, if you are foolish enough to buy it.

The so called basis for this hypothesis is the fact that the human body consumes some calories to digest any food. Now if the food consumed requires more calories to digest than it contains, then you can enjoy it at no cost in stored fat. Brilliant!!! These folks are also probably misusing the concept of glycesmic index and the glycesmic load factors of foods in a warped fashion.

The problem lays in the fact that no scientific data exists on exactly how many calories we burn digesting a piece of broccoli or a cake or steak. In other words, no test has been done which follows the accepted norm for producing unbiased, repeatable results.

Most credible papers so far presented, peer reviewed, and accepted, state that we burn approximately 10-12% of the calories we consume digesting and assimilating the calories contained, if we eat the proper combination of foods.

In the real world we know that this is untrue and not based on logic leave alone science. If their logic was true then we would all be exhausted at the end of the digestion process of every meal. The body will be in a continuous catabolic state or ketosis. The question of obesity would never arise. The large primates whose bodily functions are very similar to humans and other animals should have all starved to death long ago.

Except for celery probably, there is no credible evidence that ‘negative calorie’ standard commonly consumed foods exist in nature.