

What is this miracle product guaranteed to help you lose Excess Body Fat? It comes under the generic name of ...**VEGETABLES**

Vegetables, you exclaim!! Aw, come on, I've been tricked! The old "eat your fruits and vegetables" lecture. This Kevin must be one of those guys out to have the government outlaw our sizzling steaks, delicious turkey sandwiches, and even hot dogs at the ball park. He probably wants us to live on sprouts and tree bark.

Wrong! I love lean meats. They are very satisfying, taste good, and great sources of protein, especially for us active adults. I remember a movie with a very hungry soldier far from home who said: "My mouth waters at the thought of a big steak smothered in pork chops!"* As long as it's lean and eaten in moderation, it's for me.

To confess, however, I wasn't always a **Vegetable** lover.

When I was a kid, I didn't really like **vegetables**. I figured they took up valuable stomach space that should be filled with chocolate cake. By the 1970's though, I began to see their true value. Some of my personal training clients liked to jot down whatever they ate. They may not have liked it at first, but they soon saw it as a useful, non-judgmental tool to lose Excess Body Fat. People were a little surprised at what they actually ate over a weeks time. A lot more than they had thought. But they were amazed at what they didn't eat. A lot fewer **vegetables** than they imagined. In my office, I compared the Food Journals of various clients, and noticed a disturbing trend. The people who had the toughest time losing Excess Body Fat usually ate very few **vegetables**. A spoon of peas pushed to the edge of a restaurant plate. A few lonely carrots floating in a bowl of soup.

On the other hand, it was encouraging to see that many of the people who lost Excess Body Fat the quickest, and managed to keep it off, ate **vegetables** each and every day. If I saw three to four cups of delicious **vegetables** on their food diaries consistently, it was likely that person was steadily losing Excess Body Fat.

This proved to be much more than coincidence. I read a 12-year study involving 74,000 women. It found that increased **vegetable** and fruit intake reduced the likelihood of obesity by 26%! No diet pill every concocted can do that.

In addition, a 2003 report from the Division of Preventive Medicine, Harvard Medical School, found that "persons who consume more fruits and **vegetables** often have lower prevalence of important risk factors for cardiovascular disease, including...obesity." I can hear Mom now, "Eat your **vegetables!**".

It's a no-brainer.. An easy way to increase your chances of losing Excess Body Fat is to eat, at the very least, two to four cups of **vegetables** every day.

Select which one of the following lunchtime scenarios you want for yourself this year:

You are hunched over your desk, jamming fistfuls of greasy, calorie-packed cheesefries into your mouth. Your pants button is screaming for relief. These used to be your loose pants. Another year of this?

-OR-

You lean back in your chair at an outdoor cafe, munching a cool, crisp **vegetable** salad, feeling warm summer breezes on your face. You stand and have to pull up your pants. These used to be your tight pants. You smile. Time to shop for a smaller pair.

You get the picture.

Eat your **veggies**. Every day. **Vegetables** are incredible sources of fiber and water, which helps keep your digestive system happily digesting, and makes you feel pleasantly full. Try it. Two to four cups. One mixed into a morning egg white omelette. Romaine lettuce and 2 to 4 turkey slices rolled up for lunch. Note I said "slices", plural. Protein makes you feel fuller, so you can have enough to satisfy. (Just look up the sodium content.) And a big steamy bowl of mixed **veggies** with your favorite no-fat dressing at dinner. It's easy. And it's a sure road to losing Excess Body Fat.

Take Care and "Eat your **veggies!**".

**Objective Burma - 1945*