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Which is better for weight loss apple or orange

NDTV FoodUpdated: October 28, 2021 18:21 ISTDaily intake of fruit can prevent weight gainFruits add bulk to our diets and do not provide many caloriesEat five serving of fruits every day and opt for different coloursIncreasing daily intake of fruits can prevent weight-gainFruits are juicy, refreshing and delicious. They are also high in fiber, contain natural sugars and help keep unwanted cravings away. You may already know that you should include a variety of them in your diet, but not every fruit is equal when it comes to the nutritional value. There are certain fruits that are higher in fiber and pectin. Both work as natural fat burners that can help boost your metabolism and aid weight loss. Additionally, they are loaded with vitamins, minerals, and antioxidants and are also low in fat and calories. But, can eating fruits really help you lose weight?"To lose weight you need to take less calories but that doesn't mean that you have to eat less. Fruits add bulk to our diets and do not provide many calories. They can be used as a substitute for high calories foods in our diet, making you feeling full and satisfied with an intake of fewer calories. For example, if we add fruits like peaches, strawberries and apple to our breakfast cereals then we can cut down the cereal portion size, thereby reducing calories without starving ourselves. Fruits can be also used as a substitute for high glycemic index foods in our diet and thus can help in weight loss. You should aim for eating five serving of fruits every day and opt for different colours," explains Dr. Gargi Sharma, Weight Loss Consultant, New Delhi.(Also read: Eat These 7 Calcium-Rich Fruits To Ensure Healthy Bones And Teeth)Recently, scientists at Harvard University found that increasing the daily intake of fruit can prevent weight gain, even if you continue consuming the same amount of calories. Researchers suggest that all the benefits of eating fruits come from the flavonoids they contain. Flavonoids are a group of phytonutrients found in fruits and vegetables that impart colour. They are powerful antioxidants with anti-inflammatory properties. Fruits get a bad reputation because of their sugar content but they are actually great for weight loss as they can help in controlling your calorie intake. Dr. Gargi Sharma suggests some that you must include in your diet if you're looking to lose weight.Watermelon: This juicy fruit provides only 30 calories per 100 grams and keeps you hydrated. It is rich in amino acid arginine which helps in burning fat.Guava: They are rich in fiber, have low glycemic index and prevent constipation. They also activate the metabolic rate which helps in weight loss.Pear: A great source of Vitamin C, pear is the perfect fruit for weight loss. It is packed with fiber which keeps you full for longer as it gets digested slowly. Pears are also known to keep your cholesterol levels in check.Oranges: Add some tang to your diet with this nutrient-dense, low-calorie fruit. Oranges provide only 47 calories per 100 grams. Orange is considered to be a negative calorie fruit which means that it contains less calories than what your body requires to burn it. Simply put, you burn more than you eat.(Also Read: Weight Loss: Best Healthy Detox Recipes For Breakfast, Lunch And Dinner) Photo Credit: iStockBlueberries: Popularly known as a superfood, blueberries are rich in antioxidants and help in boosting metabolic rate. Regular consumption is also known to reduce insulin resistance, hypertension and cholesterol.Strawberries: These beautiful looking berries help in the production of fat burning hormones adiponectin and leptin resulting in higher metabolism.Peaches: They are very filling as water composes 89 percent of their weight. Being rich in fiber, they help in reducing hunger.(Also read: 5 Indian Winter Fruits That Boost Immune System)You may also consider several other fruits which help in losing weight.Apples:Apples are considered to be low in calories and high in fiber. They are considered to be good for weight loss, Apples are also very filling; hence we eat fewer amounts of other foods during the course of the day. It is also said that apples should be consumed whole, instead of juice, for better result.Plums: Plums are low in calories, but have good amount of minerals (Potassium, Manganese) and vitamins like A, C and K. Plums contain phenols, a type of phytonutrient, which are strong antioxidants.Kiwi: Highly nutrient-dense, kiwis are highly nutritious and their high fiber and low calorie content work as magic for weight loss. Kiwis are excellent source of vitamin C, E, folate and fiber. Studies note that kiwi can help in the additional weight loss benefits, like controlling blood sugar, improving cholesterol and others.Avocados: Avocados are calorie-dense fruits grown in warm climates. The fat content in avocados is considered healthy, which helps in promoting weight loss. Avocados are a great source of vitamins, minerals, healthy fats and fiber. Some studies have found that eating avocados can increase feelings of fullness and decrease appetite.Apricots: Apricots are rich in nutrients like vitamin A and C, as per USDA. They are also enriched with calcium, magnesium and potassium. This fuzzy and furry fruit contains very less amount of calories, which make them excellent addition to one's weight loss diet. It can fill one's appetite for several hours that helps in keeping check on hunger and cravings.An easy way to include fruits in your daily diet is to sneak them in as a snack between meals. Fresh fruits make for great low-calorie snacks. This way, you'll be able to control untimely cravings and also prevent overeating. Mix them with yogurt or cereal for breakfast, throw them in salads for lunch or serve them with as a sweet accompaniment for dessert to curb your sweet tooth. Fruits can be enjoyed any time of the day and with every meal.A lot of us may get carried away with the juicing trend but Dr. Gargi clarifies that if your goal is to keep your weight down, you must eat whole fruits. Juicing is a great way to detox, keep your body hydrated and increase the intake of potassium, iron, Vitamin A, Vitamin C and other minerals but it may not work for weight loss. Juicing leads to extraction of fiber from a fruit which is one of the most important components. A lot of studies and health experts agree that increasing your fibre intake can lead to weight loss. Fiber helps to slow down the absorption of sugar into the blood. It helps in improving digestion and keeps you satisfied for longer period of time. All of these factors contribute in managing your calorie intake which paves the way to reach your goal - whether it is weight loss or simply staying slim.(This content including advice provides generic information only. It is in no way a substitute for qualified medical opinion. Always consult a specialist or your own doctor for more information. NDTV does not claim responsibility for this information.)Show full article OK, all fruit is great--and certainly better than, say, a candy bar. But did you know that one of these fruits has the power to help you shed pounds faster? Think you can guess which one?April 7, 2009Digital Products Klaudia Steiner Mailandweg 12 D-41844 Wegberg Germany info-dp@web.deOK, all fruit is great--and certainly better than, say, a candy bar. But did you know that one of these fruits has the power to help you shed pounds faster? Think you can guess which one?An apple!Yes, apples pack more fiber than bananas or oranges, so you'll get a better bang for your weight loss buck--meaning they'll keep you feeling full longer. For fun, dip them in this.(FYI: Bananas have some fabulous health payoffs too, here's why.)Have you had your apple today?Photo: iStock We've all heard that "an apple a day keeps the doctor away," but would this saying be equally or even better suited for oranges? According to LiveStrong, oranges contain much more vitamin C, vitamin A, folic acid, and calcium. With all of this nutritional value in mind, it's no surprise that oranges and other citrus fruits are among the most beneficial when it comes to reducing a person's risk of death and chronic diseases, per the Harvard T. H. Chan School of Public Health. However, Harvard is quick to warn against relying on just one fruit, as variety and quantity are equally important. No single fruit can cover all of your health needs. Apples offer more fiber, vitamin K, and manganese, and quercetin (via Prevention), and according to Harvard, may prove more beneficial when it comes to weight loss and preventing type 2 diabetes. So, which fruit is healthier? You can draw your own conclusions based on your personal priorities. What is certain, though, is that both offer unique health benefits -- and adding both to your diet will be healthier than adding one or neither. CC0/PublicDomainPictures/Pixabay Weight-loss supplements have been around for ages. There are hundreds on the market to help people achieve their weight loss goals with whatever diet or exercise plan they're following. While many haven't been studied extensively, that doesn't stop them from being top sellers. Here are the 12 most popular weight loss supplements available.Garcinia CambogiaDr. Oz talked about garcinia cambogia in 2012, and it quickly became one of the most popular supplements for weight loss. The skin of this exotic fruit contains hydroxycitric acid, which is believed to inhibit fat-producing enzymes and boost serotonin levels, notes Healthline.CC0/Sarangib/Pixabay Apple Cider Vinegar SupplementsMany people swear by apple cider vinegar for weight loss and other health benefits, but not everyone can stomach the strong acidic taste. That's why apple cider vinegar pills are so popular. They contain acetic acid to help your body reduce the amount of fat it stores, notes Reader's Digest.CC0/MikeGoad/Pixabay AliiAlii is an FDA-approved weight loss aid also known as orlistat. It blocks the digestion of fat so that it can't be absorbed into your intestines. People who take this supplement must also follow a low-fat diet, notes Reader's Digest.CC0/TeroVesalainen/Pixabay Raspberry KetonesRaspberry ketones are naturally found in the fruit, but they are also sold as a weight loss supplement. They work by increasing the breakdown of fat and levels of the hormone adiponectin, which helps reduce weight.CC0/Free-Photos/Pixabay SlimFast ShakesSlimFast has been around for decades, and still remains popular. People looking for drinks for losing weight reach for these ready-to-drink shakes in a variety of flavors. They're high in protein and low in carbs, making them a healthy option.CC0/ImagesBG/Pixabay Green Tea ExtractGreen tea is high in antioxidants and boasts a number of health benefits, including weight loss. Green tea extract is a highly concentrated dose that is believed to increase the hormone that helps with burning fat.CC0/Free-Photos/Pixabay Keto PillsThe goal of the ketogenic diet is to reach a state of ketosis so that your body uses fat instead of glucose for energy. Keto pills are supplements that claim to help people reach a state of ketosis faster so that they can start losing weight faster.CC0/RitaE/Pixabay HydroxycutHydroxycut has been one of the most popular weight loss supplements for over a decade. It uses caffeine and a formulation of plant extracts to help suppress a person's appetite, and help them reach their weight loss goals.CC0/PublicDomainPictures/Pixabay Protein PowdersThere are hundreds of different protein powders available, and many people use them as meal replacements or supplements for a rigorous exercise routine. People whip them up with milk or water, and perhaps add fruit, greens or other nutritious foods to make healthy shakes.CC0/sarangso/Pixabay CaffeineCaffeine is known to boost a person's metabolism, and occurs naturally in coffee, tea and chocolate. Caffeine supplements are popular for getting a dose of caffeine without the calories of dark chocolate or a sugary drink.CC0/MKDigitalArt/Pixabay Green Coffee ExtractGreen coffee beans are ones that haven't been roasted. They contain caffeine and chlorogenic acid -- both believed to assist with weight loss. This works to boost metabolism and slow the breakdown of carbohydrates during digestion.CC0/Pexels/Pixabay ForskolinForskolin is a relatively new supplement, and is popular for people trying to achieve ketosis. It's extracted from a plant in the mint family, and is believed to work as an appetite suppressant and carb blocker.CC0/congerdesign/Pixabay MORE FROM QUESTIONSANSWERED.NET

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