

Health is Wealth

30 Most Powerful Fat Burning Fruits

When it comes to reducing body weight, what you eat is just as important as what you don't eat. Lucky for us, eating fruits is a great way to start burning fat and keep our cravings for sweets in check. In fact, academic research here and here found that fruit intake is positively correlated with weight loss. Fruits contain very few calories while also being jam-packed with vital nutrients to keep out stomachs full for longer. The best thing is that you can virtually enjoy fruits anywhere and anytime during breakfast, lunch, or dinner, and even as a snack for in-between-meal munchies.

Apples



Apples are one of the most fiber-rich sources found in nature. Studies

show that fiber is an integral part of reducing visceral fat (belly fat). Studies indicate that higher soluble fiber intake per day is effective at reducing belly fat by 3.7% over a period of 5 years.

Apricots



Despite their cute size, fresh apricots are a reliable source

of insoluble fiber for people going through a low-fat diet program. The fiber absorbs greater quantities of water and maintains a longer feeling of being full after eating. Fiber is a natural material that has been found to contribute help with weight loss.

Avocados



Avocados are notorious for being high in fat, but

a lesser-known fact is that they help in burning fat as well. The high amounts of omega 9 fatty acids, which are categorized as monounsaturated fats, helps our metabolic processes of converting fat into energy.

Bananas



Most of you have probably heard of the myth that bananas retain the collection of fat in our bellies, but in truth, they are actually great at lowering our body fat. They're great at keeping us full for longer, and their high magnesium and potassium content can help with digestion problems and bloating.

Blueberries



In general, all types of berries have great health benefits, but the blue-

berry takes the crown. Blueberries are high in antioxidants which are useful for combating fat. The antioxidants help accelerate our metabolism which becomes much more efficient in burning calories.

Cantaloupes



Cantaloupes contain anti-inflammation agents. Internal inflammation

allows fat to become much more comfortable in our bodies. Cantaloupes also have antioxidants that help in getting rid of internal toxins.

Honeydew



It contains lots of vitamin C which boosts our immune systems and fights against

fat buildup. It's also a great source of vitamin B complex which breaks fat down and converts it into energy.

Tart Cherries



If you've ever heard of the term "wonder juice", then you should know that the fruit content of this juice

mainly comes from tart cherries. Cherries are rich in antioxidant agents and nutrients that make us full quickly. They also contain anti-aging enzymes.

Coconuts



Coconuts are naturally sweet, and small servings of its meat can

easily satisfy hunger. Becoming full quickly means you'll limit your intake of food. They are also loaded with medium-chain triglycerides (MCTs) which can boost our metabolism's efficiency by up to 30%.

Dates



Dates have a good reputation as nutritious foods that contribute to

weight loss. Although dates have a higher calorie content than other fruits, they have many essential vitamins and minerals your body needs. Dates are also full of fiber.

Dragon Fruit



Here's a fruit some of you may not be so familiar with. Nevertheless, Dragon Fruit is perfect for losing weight due in large part to its low-calorie content and amount of essential vitamins and minerals. Dragon Fruit is also loaded with fiber, which is one of the keys to weight loss.

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Figs



You might not think dried figs are a healthy fruit for weight loss. Well, think again. The theme so far today is eating those fiber-rich foods which fill you for longer periods. You won't find a better one than figs. As for vitamins, there's a lot to like here: vitamins A, B1 and B2, manganese and potassium and iron.

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Grapefruit



Research has shown that eating half of a grapefruit before meals reduces belly fat and lowers irregular cholesterol levels. Volunteers in a study showed a shrink in their waistlines by up to an inch just by eating grapefruit before having healthy, balanced meals.

Grapes



There are so many health-related benefits to grapes that we can't list

all of them here. For starters, grapes are high in fiber and have a lower sugar content than other fruits. Grapes also contain powerful antioxidants called polyphenols, which are good for your skin.

Science & Technology

Navigating Our Thoughts: Fundamental Principles of Thinking

Humans think using their brain's navigation system: Researchers combine individual threads of evidence to form a theory of human thinking.



Researchers propose that humans may think by using their brain's navigation system. It is one of the most fundamental questions in neuroscience: How do humans think? Until recently, we seemed far from a conclusive answer. However, scientists from the Max Planck Institute for Human Cognitive and Brain Sciences in Germany, and the Kavli Institute for Systems Neuroscience in Norway, among them Nobel prize laureate Edvard I. Moser, offer a new proposal in the current issue of the journal Science Humans think using their brain's navigation system.

A New Way to See Stress Using SuperComputers

Stressed materials show asymmetric distributions in simulations on Comet and Jetstream supercomputers through XSEDE allocations Supercomputer simulations show that at the atomic level, material stress doesn't behave symmetrically. Widely-used atomic stress formulae significantly underestimate stress near stress concentrators such as dislocation core, crack tip, or interface, in a material under deformation. Supercomputers simulate force interactions of Lennard-Jones perfect single crystal of 240,000 atoms.

You Can Now Track How Much Time you Spend on Facebook!



The dashboard will feature a bar chart that will show you the time you have spent on the app in the past seven days.

Facebook is all set to roll out a new dashboard that will show how much time you spend on the social media app.

According to The Verge, the development is a part of the "time well-spent" movement that has been attracting the attention of the tech world. While with the Facebook dashboard, users can keep track of the time they are spending on the app, Apple's Screen Time and Google's Digital Wellbeing allow users to block themselves from using apps.

On Facebook, the feature will be listed under the hamburger menu (three vertical lines in the bottom-right corner of the app) while on Instagram it will be a part of the setting menu.

The dashboard will feature a bar chart that will show you the time you have spent on the app in the past seven days. It will also allow you to set the length of time you want to spend on that particular app and will send you a reminder once you reach that limit. The new feature will also allow you to temporarily mute the push notifications.

The social media platforms have faced a lot of criticism in past years for courting their users' attention throughout the day. The obsession with these apps is becoming a major concern today.

Plums



Numerous studies have concluded that plums are effective at preventing or at least warding off

metabolic syndrome, a condition that plays havoc with the body's metabolism, thus making one more susceptible to obesity and related diseases such as diabetes. Furthermore, plums have one of the lowest fructose or fruit sugar content.

Kiwi



You're probably sitting here reading this article and thinking to yourself that fiber is the best thing to be

invented since the wheel. It's something we surely cannot live without, especially if we desire to be thin and trim. As you've probably guessed by now, kiwi is packed with fiber.

Nectarines



Nectarines, can help fight metabolic syndrome, obesity, and diabetes.

Stone fruits, in general, can effectively regulate our fat-gene expression since they contain very little fructose but when ripe are extremely sweet. They are also rich in vitamins A and C and low in calories.

Pears



Similar to other citrus fruits, pears are naturally rich in fiber and potassium. This makes them heavy and fills us

quicker, meaning we partake in smaller quantities of food. Pears are also beneficial in combating bloating and controlling cholesterol levels.

Pomegranates



Studies have shown that the antioxidants found in pomegranates are helpful in boosting our metabolism. Plus, they

are great at lowering our appetites, making them the perfect breakfast drink or smoothie ingredient. There's nothing better than living healthy but also satisfying your sweet tooth!

Raspberries



You'll be glad to know that raspberries contain large amounts of

polyphenols, which are natural chemicals that help to stop weight gain or even fat from forming. Like other fruits, eating more raspberries will make you feel full and you'll not want to binge on unhealthy foods.

Strawberries



You won't find a better source of fiber and nutrients than what's in strawberries. These tasty

fruits are pros at burning fat. If that wasn't enough of a plus in and among itself, strawberries have a high fiber content that keeps your belly full between meals so you won't feel the urge to snack.

Watermelon



The most popular summer fruit is the watermelon which also happens to be extremely good for your

health. Even though they contain slightly high levels of sugar, the water in watermelons acts as an intoxicant for neutralizing the sugar's effects. To enjoy its health benefits, watermelon can be prepared in salads, as agua fresco, or eaten raw (minus the rind).