

Porridge
If you make like the three little bears and eat up your porridge, you'll be glad you did! That's because it helps prevent snacking by keeping blood sugar levels steady.



Blueberries
These are a fab way to knock a sweet craving on the head instead of grabbing a cupcake—and they're loaded with antioxidants, too.

Almonds
We love these because a study in the *International Journal of Obesity* found them high in alpha-linolenic acid, which can speed up the metabolism of fats.



Watermelon
Foods that are low-calorie and high in water content like watermelon take up more room in your tummy for fewer calories!



Soup
Researchers say blending food into soups makes it stay in the stomach longer and blocks the hunger hormone, ghrelin, so leaves you more satisfied for hours.

20 snacks that fight fat

Meet the slimming superheroes of the food cupboard...

Salad
OK, so technically this is more than one food, but what a slimming star! Studies show salad before a main meal dramatically cuts calorie consumption.



Popcorn
Surprised to see your favourite cinema snack here? Providing it's air-popped and isn't loaded with sugar, then all the air in popcorn fills you up without heaps of calories.



Apples
Heard the saying 'an apple a day keeps the doctor away'? Well, apples could keep unwanted inches at bay, too, due to their high fibre content, which helps you feel full.

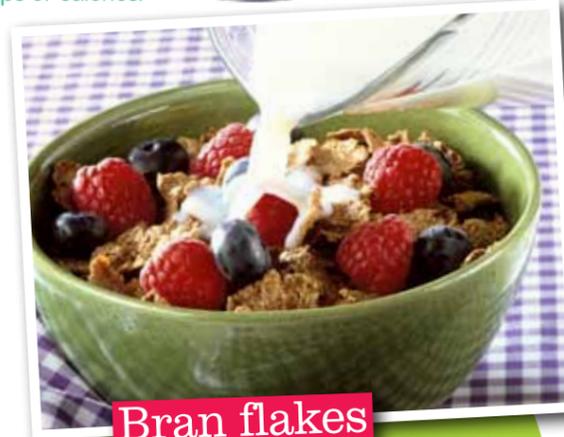


Yogurt
Have it on breakfast cereal, as a snack, or stirred into tasty curries. Eating more low-fat yogurts helps boost your calcium intake, which studies have shown helps burn fat.



Wholegrain crackers
Yippee! Research from the University of Colorado suggests that wholegrains can increase your calorie-burning power by up to 24 per cent a day.

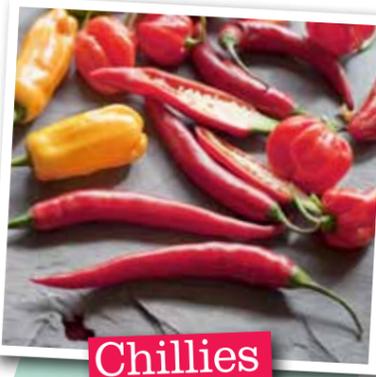
Cinnamon
Did you know that one in four people in the UK is sensitive to sugar and could benefit from cinnamon, which stabilises blood sugar and helps curb appetite?



Bran flakes
A study in the *Journal of the American Dietetic Association* found women who ate cereal were 30 per cent less likely to be overweight than those eating other breakfast foods.



Edamame beans
These green gems are rich in a nutrient called choline that blocks fat absorption and breaks down fatty deposits.



Chillies
Some like it hot – and an ingredient in chillies called capsaicin revs up calorie burning by an extra 50 to 100 calories following a spicy meal.

Bananas
Our yellow friends are full of potassium for fighting water retention, but don't go overboard as they're full of fruit sugars, too!

Sugar-free jelly
Eating food with next to no calories is a winner in our book. At fewer than 10 calories a serving, you can knock yourself out...

Quinoa
Pronounced 'keen-wah', this supergrain is filling for even the greediest among us as it's a combination of protein and fibre.



Turkey
The lowest-calorie source of animal protein – and is great for preserving muscle mass as you slim, so you burn extra fat.

Egg whites
You know how weightlifters are obsessed with egg whites for building muscles? That's because the protein in egg whites helps create muscle and burn more fat.



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