**7. Best vegetables for weight loss That Easy To Eat**

Health is something expensive this day. Obesity is a problem that often happens around us. Some peoples eat best vegetables for weight loss. Not only changed their menu many peoples also do many things to lose their weight. As example do common exercise or changed their daily activities. Even though there are some other people that does not care with their weight, some peoples really struggling to get their ideal weight by doing some way that they think it will help them to loss their weight.

Obesity is a common problem. Almost in every place we can see people that were overweight. Obesity is like a door for dangerous sickness like hypertension, heart attack or diabetes. All off the sickness were caused by obesity first. To reduce over weight we need to rearrange our life style by doing exercise or changing our eating menu. There are some best vegetables for weight loosing that we can eat.

**5 Best vegetables for weight loss That We Can Eat Everyday**

Food is something that gives many effects for our weight. Eating best vegetables for weight loss is an easy way to loss our weight that we can try daily. So here are some options that you can try to eat.

1. **Mushroom**

Mushroom is an alternative to change the position of meat at our menu. The chewy and soft texture from this vegetable made it perfect to replace meat. The taste of the mushroom is also delicious. Beside that mushroom is a vegetable that has low calories and it can be cook with various ways. So, it is a good choice to insert this vegetable to your menu.

1. **Spinach**

This vegetable gained its popularity by a cartoon. At the cartoon the main character eat spinach to be stronger. Well, spinach is a vegetable that full with antioxidants for our body. It also helps you to control your sugar level.

1. **Broccoli**

The next vegetable is broccoli. This vegetable was a perfect snack for you who want to lose some weight. This vegetable does not taste bitter. Beside that the juicy taste from this vegetable made it easy to eat for everyone. Broccoli has potassium that gives many benefits for our body. We can include this as best vegetable for weight loss menu that we made.

1. **Tomato**

Next vegetable is tomato. This vegetable usually has red color. Peoples often use it as ketchup main ingredient. But, that is not the only benefit that we can get from this vegetable. We can also eat it for losing some weight.

1. **Been Sprout**

This vegetable was easy to get. We can buy it at the market and many other places. This vegetable was rich with water. So when we eat this vegetable we can feel full easily. By feeling full it can reduce our feeling to eat again.

That is five best vegetables for weight loss that you can try to eat. The vegetables were easy to find and easy to eat too. So, let try losing our weight by eating the vegetables.

**8. Best Breakfast for Weight Loss that We Can Try**

Breakfast is an important thing when we started our day. From breakfast we gained energy to do our activities. Breakfast also important for they who doing diet to loss their weight. There are best breakfasts for weight loss that you can try. This kind of breakfast can easily be found at many places. Some people think that breakfast is not important, but that is wrong. Without breakfast people cannot get energy to do their activities. Not only that, if people skip their breakfast they will eat many food when the lunch time come. That is not a good eating style.

Breakfast is eating time at the morning before doing our daily activities. Breakfast is the source for our energy. After sleeping at the night our body needs something for them to consume as energy. Without energy it will hard to do things. That is why breakfast is important. If you skip breakfast for losing some weight, we have best breakfast for weight loss that you can try. You can buy this easily.

**5 Best Breakfast for Weight Loss menu**

 If we were talking about breakfast, we don’t need big amount of food. We just need some little amount to eat. Here is 5 best breakfast for weight loss that you need to try.

1. **Eggs**

Eggs have high protein. So if you eat it for breakfast you can feel full for longer time. Protein need time longer to get digested. Because that eating egg can press the hunger feel from inside. Egg is also easy to cook. We can cook it by many ways. Because that egg can be include as one of the best breakfast for weight loss.

1. **Milk**

The next type of breakfast that we can try is milk. Milk has liquid type that made it easy to eat at the morning. After being empty for a night long drinking a glass of milk can help our digestion. Milk has high protein like eggs. Milk was low with carbohydrate. You can choose low fat milk for your diet program. If you cannot drink cow milk, you can try soy milk.

1. **Blueberries**

This is a kind of fruits that you can try for breakfast. This food high with nutrition and antioxidant for our bodies and this fruits got low calories. Because that this is a perfect breakfast for they who trying to lose some weight.

1. **Green Tea**

Green tea has something that can burn fat. It also has a substance that known as polyphenol. This substance can protect our body from free radical. It is better if you drink this tea without sugar or cream.

1. **Full Wheat Bread**

The last breakfast you can try is full wheat bread. This kind of bread has high fiber that good for your digestion.

That is five best breakfast for weight loss that you can try. Hope that you can get your ideal weight by using one of this breakfasts.