

Watch what you drink

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A common fattening factor is NOT counting the calories in our drinks. Anyone who wants to lose weight has to drink plenty of fluids, not only because it reduces hunger, but also because it helps to flush out harmful substances released by fat cells from our body, optimizing both our water balance and the fat-burning process. It is very important for anyone who seriously wants to lose weight to count the calories in their drinks: A bottle of apple juice has 400 calories, which is the same as a bottle of Coke.

We should, therefore, drink a lot of fluids, but always consider the calories in what we drink. The best drinks are water, or unsweetened tea. Tea also accelerates our metabolism, as does cold water, to normalize our body temperature.