

A Calorie is not a Calorie When Trying To Loose Weight

Although conventional wisdom argues that a calorie is a calorie, regardless of where it comes from, whether that be from a salmon fillet or an ice cream cone. But you don't have to be a nutritionist to realize that there's a huge difference between the nutrition of salmon verses that of ice cream. Legions of chronic dieters understand the differences, based on their personal experiences. For example, they claim that they gain a large amount of weight after eating one slice of pizza that is rich in carbohydrates, but do not after eating a large chicken breast and steamed broccoli meal that contains even more calories. There is now a legitimate scientific explanation for why some calories are different from others. Doctors Eugene J. Fine, MD, and Richard D. Feinman, PhD, of the State University of New York Downstate Medical Center in Brooklyn have explained that the widely held calorie-is-a-calorie belief is based on the law of thermodynamics, which is a key concept in physics. The first law in thermodynamics is about the amount of energy that goes into a system being equal to the amount of energy being released. To lose weight along this line of thinking, you need to either eat fewer calories or burn off more of them. However, researchers have pointed out that the second law of thermodynamics can be associated with living creatures. The second law of thermodynamics claims that an inherent variation and inefficiency in all biological and biochemical processes. This can also be understood by saying that people burn energy less efficiently than cars and light bulbs do, while some people burn energy less efficiently than other people do. There are many reasons that a calorie is not always a calorie. If you have a higher resting metabolic rate, you will do a much better job of burning all sorts of calories, as compared to someone who has a lower metabolic rate. If you secrete a lot of insulin due to being pre-diabetic or overweight, then you'll be much more likely to make fat than muscle. Also, if you eat foods that have transitive fats, you're a lot more likely to gain weight around your waist. It is recommended that people eat the highest quality of calories as possible. This includes nutrient-dense foods such as fish, chicken, fresh vegetables, minerals, quality protein, and healthful fats. These foods provide us with the most vitamins that are necessary for a healthy and balanced diet. The alternative, which is not recommended, is a lot of sweets, soft drinks, breads, pastas, bagels, and muffins. These foods provide mostly empty calories in the form of sugars and starches. These foods also trigger the production of excess insulin, which will cause you to store these calories mostly around your waste, which is an occurrence that is definitely unwanted by the majority of people. Due to the above facts, we can finally conclude that a single calorie from a salmon fillet is not the equivalent to a single calorie from an ice cream cone, as the calorie from the salmon fillet is packed with many more vitamins and nutrients that the ice cream cone is lacking.

About the Author

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