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# Calcium and Fat/Weight Loss

Do you remember how your parents used to remind you to drink a glass of milk each day when you were a child? Back then, you were not exactly aware that milk is a rich source of calcium, an essential nutrient needed by the body to build bones and make your teeth stronger. These days, are you aware that aside from those benefits of calcium, the nutrient is also a potent fat-losing nutrient?

Just like protein, calcium is associated with weight loss. There is a difference on how the two nutrients take effect in overall fat burning and elimination in the body. Proteins are harder and longer to digest, making it ideal for weight loss as fats are burned more instead of protein, which then goes to the lean mass or muscle buildups. For calcium, it is a different process, though the result is the same, fat/weight loss.

Several scientific studies have already given credence to calcium as an effective fat/weight loss nutrient. High calcium intake has been proven to make the human body produce a special type of hormone responsible for fat storage. This hormone prompted by the presence of calcium in the bloodstream is suppressing production of more fat by the body. Thus, the presence of high calcium levels in the blood can at the same time assure that further production of fats, which will just be stored by the body as fat deposits in bulges, will be deterred and effectively curtailed.

Calcium intake has also been found to aid greater speed of metabolism. Calcium is an essential nutrient that helps facilitate calorie and fat burning through metabolism. It is not stored in tissues, but instead goes to the bones and the teeth. The nutrient is found to be also present when there is an increased rate of thermic effect of food or the burning of calories in the process of digestion, which can be strategically used to aid weight loss.

In general, calcium is abundant in dairy products like milk as well as cheese. However, because lactose intolerance is a real and common problem these days, there are alternative sources of the nutrient. Other generous sources of calcium include wakeme, seaweeds, beans, nuts, okra, blackstrap molasses, orange, broccoli and soy milk.

To better acquire and take in more amounts of calcium, it will be advisable if you will adhere to and observe several cool practices. Take breakfasts made of calcium fortified cereals with almonds and skimmed milk. Low-fat yoghurts are delicious, less fattening and rich in calcium. Patronize calcium fortified instant fruit juices available in the supermarket. Lastly, you can opt to top your pancake with low-fat yoghurt and matching fresh fruit instead of syrup.

You can still enjoy all those foods rich in calcium without worrying about over indulgence. You can make sure you will control your calcium and food intake so you will not eat much more than how much you should take.

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