

HEALTHY LIFESTYLE BY

*Nutripurpose.com*

# THE WEIGHT LOSS BLUEPRINT

4 ARTICLES TO HELP YOU LOSE WEIGHT

# 7 Best Healthy Flour for Weight Loss

**Reading time: 8 min**

Originally Published on **Nutripurpose.com**



Over the past decade, our cupboards, diets, and lives have been overturned by the vast array of options springing up the market. These days flour doesn't just come in all-purpose and self-rising.

From buckwheat to quinoa flour, many types of flour claim that they are better for your well-being and your waist when compared to traditional white flour. So what is the healthiest flour out there, and what is the **best flour for weight loss?**

Today we're all about flour power, so read on, here are our 7 Best Healthy Flours for Weight Loss!

## **Why Use Flour for Weight Loss?**

Flour isn't the most popular diet ingredient, but flour can actually make an amazing addition to your diet, even beyond baking! You can transform dishes with just a tablespoon of flour. Why not try:

- Using flour to thicken soups and stews
- To give baked veggies an extra crunch
- As part of a healthy fruit crumble topping
- When making roti or healthy pancakes

## Which Flour is Good for Weight Loss?

So which flour is the best? If you've ever tried following a friend or celebrity's tip for losing weight, you may have noticed that foods affect people differently. Similarly, different flours will complement different diets and bodies and it can be hard to define which is the best flour for your weight loss journey.

For example, a low-carbohydrate, high-fat flour such as almond flour will probably work best for those following the keto diet. On the other hand, traditional wheat flour generally has the lowest calorie content.

Different flours will also work better in different recipes, which is why we've brought together 7 of the best. Whatever flour you choose, we always recommend selecting organic, unbleached flour and consuming it as part of a balanced diet.

### Whole Wheat Flour

- **Calories per cup: 408**
- **Protein: 16g**
- **Carbs: 86g**
- **Fat: 3g**

Good old-fashioned whole wheat flour has gotten a pretty bad rep over the last few years. Which if you think about it is strange – it's been one of our staples for years. Its low-fat content (3g per cup) actually means

that wheat flour is relatively low calorie-wise, especially compared to nut-based flours like almond flour and hazelnut flour.



Unfortunately, it is not very filling, and as we all know it's pretty easy to wolf back a loaf of bread, packet of cookies, or tray of cupcakes made with white flour! It's also pretty nutrient sparse, although whole-grain wheat flour does have its added benefits. Also important to note is that wheat flour is high in gluten. Gluten intolerance or sensitivity can leave you feeling sick, bloated, or tired. This brings us on to...

### **Gluten-Free Blend**

- **Calories per cup: 400**
- **Protein: 12g**
- **Carbs: 88g**
- **Fat: 4g**





Gluten-free flour blends vary in their exact composition, although they usually contain a mix of rice flour, tapioca flour, xanthan gum, and cornstarch. These blends are great for the home cook who is looking to avoid gluten – and save a few calories. With 400 calories per cup, it's one of the lowest-calorie flours available.

Try using gluten-free flour to try making some roti or flatbread. Flatbread makes a great complement to any healthy eating plan and using gluten-free flour blends will ensure you don't eat up all your calories too quickly!

### **Almond Flour**

- **Calories per 1/4 cup: 163**
- **Protein: 6.1g**
- **Carbs: 5.6g**
- **Fat: 14.2g (9g monounsaturated)**



Flour made from finely crushed almonds has some pretty good nutritional qualities. It's high in protein, low on carbs and it's keto-friendly too! But that doesn't make almond flour the lowest in calories. Nuts, although super healthy and packed full of essential vitamins and oils are notoriously high in calories.

But don't let that put you off! You can still use almond flour for weight loss. This light powder makes delicious low-carb treats that will keep you satisfied for much, much longer than traditional whole wheat flour. This also means you are much less likely to, shall we say, overindulge.



If you want to try using almond flour for weight loss in your next baking adventure, we recommend making some healthy pancakes. Simply mix mashed banana, 2 beaten eggs, and 1/4 cup of almond flour. Then, cook as you would a regular pancake in a non-stick pan. Voila! A healthy, delicious treat the whole family will go nuts (or bananas) for!

### **Amaranth Flour**

- **Calories per 1/2 cup: 242**
- **Protein: 9g**
- **Carbs: 39g**
- **Fat: 5.5g**





This ancient seed is a growing favorite among dieticians and bakers alike. Slightly sweet and slightly nutty, Amaranth flour has none of the gluten found in whole wheat flour, making it a great option for those with an intolerance to gluten. It also has over twice as much dietary fiber compared to whole wheat flour! Amaranth flour is a strong source of calcium, magnesium, phosphorus, potassium, and other essential minerals. While its calories are comparable to whole wheat flour, its high concentration of protein and nutrients make Amaranth flour a much better flour for weight loss.

Sadly Amaranth flour is still a specialty item, and it can be a little difficult to find. Try looking in your local health food store under the “paleo diet” section.

### **Chickpea Flour**

- **Calories per cup: 356**
- **Protein: 21g**
- **Carbs: 53g**
- **Fat: 6g**





Also known as gram flour, this rich, yellow flour is made by grinding dry chickpeas into a fine powder. It's got double the fiber and protein of regular wheat flour, so chickpea flour is great for filling up rumbling tummies. It's also got fewer calories than regular flour, and won't affect your blood sugar the way white flour does. This makes it a far superior option for those with diabetes or anyone looking to lose weight. On the other hand, chickpea flour makes a poor substitute when it comes to baking. We recommend using this flour to thicken healthy soups or low-calorie dips as opposed to a substitute for all-purpose flour. Chickpea flour can also be used to make a vegan egg substitute when mixed with water or soy milk. Try adding to sauteed onions and mushrooms for a surprisingly delicious vegan scrambled egg breakfast!

### **Oat Flour**

- **Calories per cup: 553.5**
- **Protein: 20.1g**
- **Carbs: 90g**
- **Fat: 12.5g**



Oat flour is made by grinding oats into a fine powder. Oats are one of the healthiest grains out there – and are packed full of essential vitamins, minerals, macro, and micronutrients. They are also an incredibly rich source of manganese and magnesium, making them particularly great for people with high blood pressure. Oat flour is relatively cheap and easily available, which makes it a convenient choice. Unfortunately, even though it's packed full of vitamins and protein, it's also packed full of carbohydrates and calories, which doesn't necessarily make it a fantastic diet flour for weight loss. On the other hand, when consumed in moderation, it is incredibly filling.

Try using baked goods instead of all-purpose flour. It also makes a great and satisfying oatmeal-style porridge when mixed with water or low-fat milk.

### **Coconut Flour**

- **Calories per cup: 480**
- **Protein: 24g**
- **Carbs: 72g**
- **Fat: 16g**





This flour is made by grinding dried coconut meat. Coconut flour is a gluten-free alternative to regular wheat-based flours but is still pretty carb and calorie-heavy. It doesn't substitute very easily for regular flour and can be difficult to use in baking. That being said, coconut flour is super high in soluble and insoluble fiber. This will help keep you feeling full and satisfied, and makes it a great choice for anyone with digestive problems.

## **Which Flour Is Best for Weight Loss?**

So when it comes down to it, which is the best flour for you? Well, that depends on what you are looking for. Whether your diet is low carb, low calorie, or you just want something to fill you up and stop you snacking there's flour out there for you. Try experimenting yourself, get creative, and see how you can use flour for weight loss too!

You can follow our other articles which contain great tips for weight loss and living well.



# 8 Best Cold Pressed Juices for Weight Loss

Reading time: 10 min

Originally Published on **Nutripurpose.com**



Throwing down a cold one has never been this healthy. Cold pressed juices for weight loss are a great way to get some extra nutrients into your diet and reach your weight loss goals without just living on the water.

That being said, not all fruits contribute to weight loss, and some could potentially even cause you to gain weight. So, to put it all in the clear, we are not talking about your typical store-bought fruit juices. These are mostly packed with artificial sugars and don't contain all the nutrients from cold pressed juice.

Your weight loss journey will always cause you to be on the lookout for new ways to lose weight while still allowing you to indulge in foods and drinks that taste like something. Cold pressed juice provides just that. With all the nutrients and zesty taste, you will be surprised at how much you enjoy **cold pressed juice for weight loss**. Continue reading for the full lowdown on how cold-pressed juices are not only beneficial with nutrients and good for weight loss but how a juice cleanse will change your life.



## Why Use Cold Pressed Juices for Weight Loss

Cold-pressed juices can be a great addition to a weight loss plan for several reasons. First, they are made by pressing fruits and vegetables without the use of heat, which helps to preserve the natural nutrients and enzymes found in these foods. This means that you get a concentrated dose of vitamins, minerals, and antioxidants in every sip, which can help to support your overall health and wellbeing.

Additionally, cold-pressed juices are often lower in calories and sugar than other types of juices, as they are made primarily from vegetables

rather than fruit. This makes them a great option for those looking to lose weight or maintain a healthy weight, as they can help to satisfy cravings without adding extra calories to your diet.

Finally, cold-pressed juices can provide a burst of energy that can help to fuel your day and keep you feeling alert and focused. This is because the nutrients and enzymes found in these juices can help to support healthy digestion and metabolism, which can in turn lead to increased energy levels and improved mood.

So if you are looking for a healthy, delicious, and convenient way to support your weight loss goals, consider incorporating cold-pressed juices into your diet. Just be sure to choose varieties that are low in sugar and calories, and always check the ingredient list to ensure that you are getting the most nutrient-dense options possible.

## **The Benefit of Juice Cleanse**

A juice cleanse is a type of diet that allows you to only drink, you guessed it – juice. No solid food if you want to detox. Don't despair, it only lasts for up to a week, but a typical beginner juice cleanse lasts up to three days.

You can also incorporate short-term juice cleanse a few times every year for a positive boost in energy and weight loss. These juices contain both vegetables and fruit juice recipes to bring about a positive change in your life when mixed in with a balanced diet.

As we carry on about our business, we consume certain toxins that our bodies obviously do not gladly accept. Toxins are breathed in and can be found even in the most natural food and drinks, such as water. Through a juice diet, you can expel toxins from your body while also shedding a few extra pounds.



A brief raw juice cleanse can improve the bacteria levels in your digestive system. It's been proven that a juice cleanse can increase the amount of Bacteroidetes – bacteria associated with [weight loss](#). While enhancing and increasing the good bacteria, it also decreases the number of firmicutes or bacteria associated with weight gain.

## **List of Juice for Weight Loss**

Embarking on a juice cleanse with cold-pressed juices can yield immediate benefits. The juice blends outlined in this list provide a variety of options for incorporating fresh, nutrient-dense juices into your daily routine, whether as a regular part of your diet or for an occasional energy boost.

With their colorful and often sweet flavors, these juices can help support weight loss efforts while delivering vital nutrients to help you face any challenge. From invigorating kale and ginger blends to refreshing fruit-based options, these cold-pressed juices offer a range of possibilities for stepping up your weight loss game and restoring your vitality.

### **Celery Juice**

While it may not sound like a typical fruity mocktail, don't underestimate the power of this celery-based juice for weight loss. Health and juice enthusiasts alike often tout this cold-pressed juice as a popular choice for its potential weight loss benefits. So why not give it a try and celery-brate the positive impact it could have on your health and wellness?

And for a good reason. It's not only low in calories but is made up of almost 96% water. This gives you a great chance to have juice that will quench your thirst and taste great without being overpoweringly sweet. You can consider Celery Juice Cleanse by Raw Fountain for yourself as the best option.

### **Beet Juice**



Beet juice is the new pink drink (well, it's more on the purple side, but it's close enough). In fact, it's been the go-to drink for athletes looking for a boost in their performance. Want to run through the morning routines faster? Go purple!

The dietary nitrates in beet can help you to increase muscle efficiency and endurance while also reducing blood pressure levels by dilating your blood vessels. So not only does it help to lose weight and improve energy levels, but it also helps you not burst out in flames.

### **Pomegranate Juice**

Proof that juice cleanses can be fun. This is probably the best fruit juice for weight loss while being tasty and thirst-quenching as juice should be. It is the perfect companion for the summer heat and to get in shape – **a genuine all-rounder. Or un-rounder?**

Pomegranates may help prevent blood sugar spikes and crashes that could also lead to increased appetite. Another great benefit of pomegranate juice is that the fruit contains higher levels of antioxidants than most other fruit juices. In fact, it even contains three times more antioxidants than red wine. Green tea? It beats that too.

### **Green veggie juice**

Although it may not be as visually appealing as a pink juice, a green vegetable juice is not one to skip. While it may not sound as appetizing, a green juice made with veggies like cabbage, spinach, kale, and other leafy greens can be incredibly beneficial in detoxifying the body and providing a wealth of nutrients. Incorporating at least one of these juices into your weekly routine can leave you feeling like a powerful, energetic force ready to take on whatever challenges the day may bring.

### **Watermelon juice**

The one for the weekend. Sweet, refreshing, and packed with nutrients that will add energy and positive vibes to your day. It is low in calories and a great source of potassium – an excellent source for your heart's health, complete with vitamin A and vitamin C to support your immune system.

The high-water content of a watermelon will act the same way as fiber in keeping you feeling fuller for longer to provide significant assistance in losing weight. Another best fruit juice for weight loss and a great addition to any juice cleanse. Stop food cravings and lose belly fat by drinking a sweet-summery cold-pressed juice.

### **Lemon-ginger green juice**

Another drink on the green side. This one stands out among cold-pressed juices for weight loss not only for its vibrant look but delicious taste. Lemon juice is also well known to add a zesty flavor to any summer drink. Think of it as squeezing antioxidants and vitamin C into a fresh and tasty juice for weight loss. The added ginger helps to boost your metabolism and will reduce your appetite even further to promote healthy weight loss.

### **Carrot Juice**



## Thank You for previewing this eBook

You can read the full version of this eBook in different formats:

- HTML (Free /Available to everyone)
- PDF / TXT (Available to V.I.P. members. Free Standard members can access up to 5 PDF/TXT eBooks per month each month)
- Epub & Mobipocket (Exclusive to V.I.P. members)

To download this full book, simply select the format you desire below

