

Negative Calorie Foods List

- * Apples
- * Asparagus
- * Beets
- * Blueberries
- * Broccoli
- * Cantaloupes
- * Carrot
- * Cauliflower
- * Celery stalk
- * Celery root
- * Cranberries
- * Cucumbers
- * Eggplant
- * Endives
- * Garden cress
- * Garlic
- * Grapefruit
- * Green beans
- * Green cabbage
- * Ice water
- * Lamb's lettuce

- * Lemons
- * Lettuce
- * Onions
- * Papayas
- * Pineapples
- * Prunes
- * Radishes
- * Raspberries
- * Spinach
- * Strawberries
- * Tangerines
- * Tomatoes
- * Turnips
- * Zucchini