

# 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