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What is the best breakfast smoothie for weight loss

by [Liz Perle](#)

Researchers found thicker drinks lead to "phantom fullness." Each product we feature has been independently selected and reviewed by our editorial team. If you make a purchase using the links included, we may earn commission. The thicker the shake, the thinner your waistline. That at least seems like a good bet given new data showing that a drink thickened with fiber makes you feel fuller. In fact, participants in the study, which appears in the American Journal of Clinical Nutrition, reported feeling fuller after drinking a thick shake with only 100 calories than after drinking a thin shake with five times as many calories. Other research has correlated feeling fuller with eating less; and eating less, as we all know, helps keep our figures trim. But as nutritionist Keri Gans, RDN, author of The Small Change Diet, points out, the current study included only 15 individuals. "We can't really draw major conclusions when we're looking at such a sample size," she says. (The participants were young men, all healthy and lean.) The researchers, from Wageningen University in the Netherlands, asked participants to drink one of four dairy-based shakes which differed in viscosity (some were thick, some thin, due to varying amounts of fiber) and calorie content (100 calories or 500 calories). All drinks were 50% carb, 20% protein, and 30% fat. RELATED: How to Make a Wake-Up Smoothie Participants fasted for three hours prior to the experiment, then drank through a straw, without knowing which drink they were consuming. Immediately after, they had their stomachs scanned every 10 minutes for the next 90 minutes in an MRI scanner. They also rated their appetite levels every 10 minutes The thin, 100-calorie shake had the lowest "gastric emptying" time, meaning it left the stomach faster than any of the other shakes (in about 30 minutes). Next was the thick, 100-calorie shake (about 40 minutes), followed by the thin, 500-calorie shake (about 70 minutes). The thick, 500-calorie shake was the slowest. It took about 82 minutes to leave the stomach. Thickness and thinness had very little effect on gastric emptying time, the researchers determined. But viscosity did account for feelings of fullness, what the researchers call "phantom fullness." So even though the thick, 100-calorie shake left the stomach quickly, it still left participants feeling fuller than the thin, 500-calorie shake. That means there may only be a weak link between gastric emptying time and feelings of satiety. RELATED: How to Build the Perfect Smoothie The findings really don't change advice on what we should and should not be consuming, says Gans. "A smoothie is great if you put the right ingredients in [it]," she says. In addition to thickening your drink with fiber (bananas and avocado are good options), try adding Greek yogurt or peanut butter. They have the added advantage of providing lots of protein, which also contributes to feeling full. Why Smoothies are great for losing weightToxins that find their way into our body are referred to as xenobiotics. Xenobiotics include cosmetics, drugs, pesticides, food additives, petrol fumes, the list is endless.It is the job of the liver to convert these toxins into less harmful metabolites in order to be eliminated from the body.Most xenobiotics are fat soluble and unfortunately the body loves keeping these locked away inside your fat cells. This is the body's way of protecting you from the harmful effects of the xenobiotics if they were to stay circulating in the body. This is why many people find it hard to lose weight. The secret is to stop the body from storing the xenobiotics in the first place and this is why it is so important that the liver is doing its job to its optimum level.Start the day with a Green Smoothie to kick start your weight loss successGreen Smoothies are full of fibre to absorb toxins being eliminate from the liver and transported out of the body. Fibre makes you feel fuller for longer and gives your metabolism a great kick start. This is particularly helpful for any woman going through the menopause suffering with hormonal upheaval such as night sweats.If you're looking to sip away the kilos Smoothies could be your best-kept weight-loss secret; the blended beverage offers you lots of nutrition as well as protein and fibre to help keep you full until your next meal.I always start the day with a Green Smoothie.I make up my Green Smoothie ahead of time so that I simply wake each day and my Smoothie is there waiting for me. I am not a morning person and the thought of making a noise with my blender is just not an option.Here are 15 of the Best for Losing Weight Green Smoothie Breakfast Recipes.1. Protein PowerThis is my drink to start the day with. I make up about 2 litres each time (keeps for 2 days) and will slightly change the recipe each time so the body does not get used to the same thing each day. To decrease the woody taste, be sure to devein the silver beet and kale leaves before hand. You can substitute silver beet with spinach if you prefer.Ingredients: 4 silver beet leaves (deveined) 4 kale leaves (deveined) 1/2 cucumber 2 pears 1 banana 1/4 lemon (I like the peel on, you may not) 2-3 cups water 4 tablespoons hemp powder Blitz all the ingredients together. Taste before you pour in case you feel you need more fruit to make it palatable.Store in fridge. If you store in an airtight bottle & in the fridge, this Smoothie will last for up to 72 hours.2. Sweet Spinach SmoothieSpinach and avocado, with grapes for a touch of sweetness makes for a refreshing combination. Avocado is a great source of oils. By adding oil to your smoothie allows for satiation making sure this green smoothie will keep you full until morning tea.3. Debloating Papaya SmoothieOver indulged the night before? This green smoothie will you get your stomach flatter and digestive system back on track. Papaya is a wonderful digestive fruit and mixed with cucumber, this green smoothie will have your system soothed by lunchtime. 4. Sparkling Mango Green SmoothieI love the way this is presented in a tea cup! This breakfast green smoothie has sparkling water added to it which I love, especially if I feel like some pampering. Adding spirulina to this green smoothie ensures you are getting a great dose of iron for the day.5. Ginger, Berry & Oat SmoothieWho says smoothies have to be green? This delicious breakfast smoothie is a creation using rolled oats, berry, yoghurt and ginger! Rolled oats makes this a sustaining breakfast with a kick from the ginger.6. Green Citrus SmoothieThis energy-bursting breakfast green smoothie is divine. Made with leafy green spinach, an energy-producing vegetable, grapefruit and oranges, you'll get plenty of morning zest and calcium.7. Kale, Banana, Chia, Hemp Superfood SmoothieHemp powder added to this breakfast smoothie is what makes this such a powerful smoothie. Hemp powder is a great protein source. Making sure to add protein to your breakfast allows you to feel fuller for longer. 8. Blueberry Mint Green SmoothieThis recipe suggests you add ice to your smoothie but a word of warning, DO NOT DO THIS. I do not know why so many sites suggest adding ice to your smoothie. You are going to all this effort to great a nourishing breakfast so why add ice to the mix? All this does is promoting the blood vessels in your stomach to clamp up. Breakfast should always be the time for lukewarm, gentleness to help you start your day. If you must have ice, turn on the shower to cold for your morning kick start!9. Spring Detox SmoothieAt first glance you may find this hard to drink due to the texture. My advice is to make it in a dark glass and drink through a glass straw. The cucumber is a great diuretic while the ginger gets your digestive juices flowing.10 A Green StartI do not know if this constitutes as a smoothie if you have to chew due to its granola topping. Most negative feedback about drinking a smoothie for breakfast is the fact that many people actually like to chew their food. So, this is a great recipe to get those on the fence into starting the day with a smoothie.11 Cold Buster Green SmoothieThis smoothie contains hemp seeds and chia seeds which are great sources of protein. It also asks for honey which I do not know why. The addition of kiwi and pineapple should allow for sweetness on their own. I advise holding off on the honey if you are able to tolerate this smoothie without it. 12 Metabolism Boosting SmoothieWhat a combination. Greek yoghurt, almonds, cannellini beans, flax meal and broccoli mind sound like a strange combination but makes for a very high protein breakfast smoothie. You may find this fiddly having to add green tea, but once you get the hang of it you will be hooked.13 High Protein Vanilla and Tofu SmoothieThis one is dedicated to all the vegans wanting to up their protein intake without having to resort to dairy products.14 Raspberry Revitaliser SmoothieUnusual colour for a smoothie. This is a deceptive one that the children will enjoy, both big and small. This is the one when kale needs to be hidden!15 Jason Mraz's Avocado Green SmoothieI do not know why I saved this one for last! Greens, ginger and avocado! I love my avocado. A quick tip to ensure you always have an avocado on hand. You can freeze avocado. Simply cut in half, remove stone, and scoop out the two halves and store the flesh in sealed freezer bags. Use them as you need them. No the best for salads but great for smoothies and they retain all their nutrients. what is a good breakfast smoothie for weight loss. will a smoothie for breakfast help me lose weight. will having a smoothie for breakfast help me lose weight. what is the healthiest smoothie for breakfast

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