

Foods That Boost Fat Burning

Any foods that speed up fat-burning can accelerate metabolism, and these foods energize the body, making it burn more fat so as to achieve the energy needed. These foods are not uncommon but to have them everyday in our meal matters a lot .

The food includes:

Protein Rich Food.

One of the foods that accelerate fat- Burning in the body is protein. Foods rich in protein, particularly, those with high fiber contents, are the best foods that increase fat-burning .Since protein uses up more energy to digest, it increases either the thermic effect of food or the energy expended during digestion.

Glycogen, growth hormone and cholecystokinin are some substances of proteins that induce their release, and they all promote fat burn. The pancreas releases glucagon, a substance which contributes to keeping insulin levels low. Low insulin levels help the body to access and use stored up fat. The growth hormone which acts on the fat cells stimulates the release of fatty acids and glycerol into the bloodstream. The stomach cells release CCK ,a substance that has power to suppress appetite and so do similar foods rich in fiber.

These foods also provide fullness and satiate hunger, allowing the body to have another source of energy from stored up fat.

Protein rich foods that boost fat burning include: whole grain, oatmeal egg, chicken, beans and lentils.

Egg burns fat, and apart from its protein content, contains vitamin B12 that works with folic acid to speed up the production of red blood cells that carry oxygen from the lungs to body, thereby promoting metabolism.

Vitamin C

Vitamin C, otherwise known as ascorbic acid not only dilutes stored up fat and accelerates its release from the body, but it also stimulates the carnitine amino acids that accelerates fat burning .Examples include lime, lemon, orange, guava, papaya and sweet lime. Other foods rich in vitamin C are vegetables such as broccoli, cabbage, celery and carrot.

It is also important to mention grapefruit, which has refreshing power and antioxidants. When taking grape fruits, don't add sugar. For sugar add calories and reduce that fat burning effort of grape fruit instead use splenda.

Calcium

Researchers have discovered that dairy foods that are rich in calcium increase fat burning in cells. Therefore, overweight people who consume three servings of calcium rich dairy a day lose more belly fat than those who follow a similar diet without consuming two or three of the dairy serving.

Additionally, vegetables such as broccoli and cabbage are fat burning foods and are both rich in vitamin c and calcium.

Spices

Spices have thermogenic properties that increase metabolism. Examples of spices that have such properties are cardamom and Cheyenne pepper.

A substance, capsaicin, found in pepper encourages the body to produce more stress hormones, which increase metabolism rate. Research has shown that capsaicin reduces the growth of fat cells by triggering apoptosis or cell death.

Omega 3 Fatty Acids Food.

Omega 3 fatty acids found in fish, especially salmon and tuna lower leptin levels and boost metabolism. Also dry fruits such as walnuts have alpha-linolenic acid which speeds up metabolism of fat deposits and provides a feeling of fullness.

Other foods that increase fat burning include: food rich in pectin, especially apples and berries. Pectin limits the ability of cells to absorb fat but encourages water absorption from food, which helps in releasing fat deposits from the body. These antioxidants found in apples also help to prevent metabolic syndrome responsible for the building up of excess belly fat.

Foods such as black tea, green tea and coffee have the chemical EGCC that increases metabolism.

However, tea and coffee should be carefully used.

Scientists reveal that coconut oil is rich in medium chain triglycerides, a substance that boosts fat burning.

It is important to take in enough water because it is essential for metabolism. So take a minimum of eight glasses of water a day to ensure proper fat metabolism.