

FOODS THAT BOOST YOUR METABOLISM

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Did you know that nature has superfoods that do more than feed us; they kick our metabolism into high gear?

These foods don't just fill our stomachs; they turn what we eat into energy faster and more efficiently. By adding them to our diet, we're not just eating – we're fuelling our bodies in the best way possible.

Metabolism refers to all the chemical processes that occur within our body to keep us alive. These processes require energy; the minimum necessary amount of energy is known as the basal metabolic rate (BMR).

Factors like age, muscle mass, and genetics play a role in determining one's BMR. However, certain foods can stimulate the metabolic rate, leading to better energy production and utilisation. Here are some foods to incorporate into your diet for a metabolic boost:

- **Green Tea:** Rich in catechins, green tea can elevate metabolic rate and enhance fat oxidation. Plus, it offers a plethora of antioxidants.
- **Chili Peppers:** Capsaicin, a compound in chilli peppers, has metabolism-boosting properties and may promote fat loss.
- **Whole Grains:** Foods like oats and quinoa can increase calorie burning as they require extra effort to break down compared to processed foods.
- **Coffee:** The caffeine in coffee can jump-start your metabolism and improve fat-burning, all while providing antioxidants.
- **Eggs:** Eggs are a protein-packed option, and digesting protein increases calorie burning by 15-30% compared to fats or carbs.
- **Legumes:** Beans, lentils, and chickpeas can enhance calorie burning due to their high protein and fibre content.
- **Coconut Oil:** The medium-chain triglycerides (MCTs) in coconut oil can increase the metabolic rate more than longer-chain fats.
- **Seaweed:** Rich in iodine, seaweed supports thyroid function, ensuring optimal metabolic health.
- **Dark Chocolate:** Theobromine in dark chocolate has been shown to stimulate fat burning and increase metabolic rate.
- **Berries:** Blueberries, raspberries, and others contain metabolism-supporting nutrients and antioxidants.
- **Greek Yoghurt:** An excellent protein source, Greek yoghurt can increase calorie burn and aid muscle repair and growth.

While these foods mentioned are great for kickstarting your metabolism, it's essential to remember that no single food is a magic bullet. Regular physical activity, adequate hydration, and a balanced diet, supplemented with these metabolism boosters, will yield the best results. – Supplied