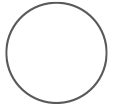


1 of 10



CREDIT: GETTY IMAGES

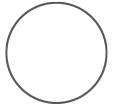
## **Foods that boost metabolism**

Your metabolism is partly ruled by genetics, but you can rev it up naturally by eating right. Fill up on the following nine foods to increase your body's fat-burning power.



ADVERTISEMENT

2 of 10

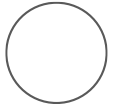


CREDIT: GETTY IMAGES

## Egg whites

Egg whites are rich in branched-chain amino acids, which keep your metabolism stoked, says Chicago nutritionist David Grotto, RDN. Eggs are also loaded with protein and vitamin D. Try these protein-packed egg recipes.

3 of 10

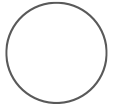


CREDIT: GETTY IMAGES

## **Lean meat**

Lean meat is full of iron; deficiencies in the mineral can slow metabolism. Eat three to four daily servings of iron-rich foods, such as chicken or fortified cereal.

4 of 10

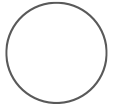


CREDIT: GETTY IMAGES

## **Water**

If you're even mildly dehydrated, your metabolism may slow down, says Scott Isaacs, MD, clinical instructor of medicine at the Emory University School of Medicine. Tip: Drink water cold, which forces your body to use more calories to warm it up.

5 of 10

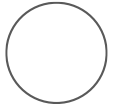


CREDIT: GETTY IMAGES

## Chili peppers

Chili peppers contain capsaicin, a chemical compound that can kick metabolism into higher gear, Dr. Isaacs says. He suggests adding a tablespoon of chopped chili peppers to a meal once a day. Chili peppers are also an unexpected source of vitamin C.

6 of 10



CREDIT: GETTY IMAGES

## Coffee

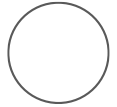
A study published in *Physiology & Behavior* found that the average metabolic rate of people who drank caffeinated coffee was 16 percent higher than that of those who drank decaf.



ADVERTISEMENT



7 of 10

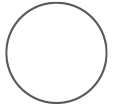


CREDIT: GETTY IMAGES

## **Green Tea**

The brew contains a plant compound called EGCG, which promotes fat-burning, research suggests.

8 of 10

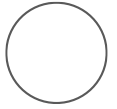


CREDIT: GETTY IMAGES

## Milk

Studies conducted by Michael Zemel, PhD, former director of The Nutrition Institute at the University of Tennessee, suggest that consuming calcium may help your body metabolize fat more efficiently.

9 of 10



CREDIT: GETTY IMAGES

## Whole grains

Whole grains help your body burn more fat because they take extra effort to break down than processed grains, like white bread and pasta. Whole foods that are rich in fiber, like brown rice and oatmeal, are your best bets.

ADVERTISEMENT