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How to Speed Up your Metabolism - Foods that Speed up Metabolism

If you want to know how to speed up your metabolism, the good news is that there are several foods that speed up metabolism plus other ways to speed up your metabolism

Someone recently asked a question that intrigued me: "If someone supplied you, free of charge, a list of foods proven to speed up your metabolism; and if those foods were all healthy foods, would you want to eat them?" Well 'DUH'... YEAH!!!

You might be shocked how many foods you enjoy are on that list. There are probably even some favorites you choose to avoid because you believe they aren't conducive to weight loss. For example, dieters often avoid eating nuts because of their relatively high fat content. Those on low-carbohydrate diets avoid most grains. And really serious low-carbohydrate dieters avoid fruit because fructose (fruit sugar) is a carbohydrate.

Something is clearly wrong with the diet industry. Without sounding like a conspiracy theorist, they have a vested interest in keeping people overweight, if people weren't overweight then they wouldn't have anyone to sell their diet products and formulas to. They don't call it the diet INDUSTRY for nothing! Think about it. Despite all the low-fat, no-fat, low carbohydrate, no-carbohydrate, "eat all the cabbage you want" diets that exist, people are still gaining weight. Obesity is an increasing problem rather than a decreasing one. Either the diet gurus don't have the answers, or aren't sharing them if they do.

The fact is, you can lose weight simply by applying a dose of common sense. All that is required is that you expend more calories in energy output than you consume in your intake. That's all. Take in fewer calories by eating less (or eating different foods), and expend them by exercising more. To make things easier, you can eat certain foods that speed up metabolism.

So here is a list of foods that will help you speed up your metabolism

1. Tuna, salmon and sardines reduce the leptin levels in your body (leptin being a hormone). Research indicates that reduced leptin levels make it easier to lose weight. Additionally, they are rich sources of Omega-3 fatty acids which have a beneficial effect in reducing cholesterol levels and promoting heart health.
2. Olive oil is another oil product that helps increase metabolism.
3. Hot peppers (jalapeno, habanero and cayenne) actually boost metabolism. Capsaicin, the component that makes them hot, also fires up your metabolism for up to three hours after you eat them. If you consume them in low-fat, high protein dishes it will give you an even bigger advantage in the weight loss stakes.
4. Whole grains. Because they are fiber rich which makes them take longer to digest, the body expends more energy to digest and this prevents spikes in blood sugar levels. Because they take longer to digest they also satisfy your hunger for longer which helps reduce your overall calorie intake.
5. Cinnamon also regulates blood sugar levels and boosts metabolism.
6. High protein foods like lean meat, eggs, legumes (beans), mushrooms and nuts will also improve your metabolism as protein is another component of food that creates a feeling of satiation to help stop you from snacking during the day.
7. Finally, you should also drink lots of water. Not so much to make you feel full, or lose weight, but because it keeps your body running at optimum performance.

This article titled 'How to Speed Up your Metabolism - Foods that Speed up Metabolism' is intended as information only and does not replace professional medical advice.

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