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Weight Loss Secrets - Foods That Increase Your Metabolism

Are you sick of fad diets where you just regain the weight lost? Imagine eating foods that assist weight loss? There are many foods that increase your metabolism so if you can include these foods into your eating habits then they will help you to burn fat and lose weight. You could already be eating a few of these superfoods, so it may just be a matter of adjusting your diet to include more of them.

If you're a fiery food lover then you are in luck. Cayenne peppers, jalapenos and habaneros are some fantastic hot and spicy foods that give the metabolism a great big boost. Essentially, as well as tasting hot they also get your innards running hot too. These spices will persist in boosting your metabolism for approximately three hours after you consume them. So if you'd like a three hour fat burnout then go eat a meal with lots of hot and spicy peppers but just be sure that the meal isn't too high in carbs and fats.

Salmon, sardines and tuna - these fish are full of Omega-3 fatty acids which will help speed up your metabolism and also have the extra benefit of being very good for your heart. Our bodies possess a hormone known as leptin and our metabolism runs faster when the leptin amounts are low and these fish help to hold those levels lower, allowing your metabolism to run at a good speed and burn off calories. Fish are also a source of protein and protein is great for speeding up the metabolism.

While on the subject of protein - foods like lean meat, beans, eggs and also peanut butter will provide your metabolism a boost. Peanut butter should be eaten in moderation because of its high fat content, but do endeavor to incorporate it in your diet as it's rich in both protein and monounsaturated fats. Nut butters are also high in protein, monounsaturated fats and also include a lot of antioxidants. Even though nuts are high in fat, if eaten in small amounts they will actually promote weight loss.

Whole grains, like oatmeal, are also very good for enhancing metabolism. These foods contain fiber, glucose and energy that are much required for our body and brains to function properly, but regrettably a lot of diet plans shun them. They're excellent for enhancing the metabolism by regulating the insulin in the bloodstream. They digest slowly and only place a bit of insulin into the bloodstream which keeps things operating smoothly. If your blood sugar levels climb too high then a big release of insulin enters the bloodstream which makes your body attempt to store everything as fat, so it's crucial to keep the insulin levels at a healthy level so your system won't store up too much fat. The main reason they're so good is because they are high in fiber which your body attempts to digest and convert to energy despite being unable to. Of course, fiber is also fantastic for digestive health

Speaking of fiber, there's a noodle originally created by the Japanese known as Shirataki, Konjac or Konnyaku or [miracle noodles](#). [Shirataki noodles](#) are made from a combination of 100% soluble fiber and water. Because they are made from fiber the body is unable to convert them to energy which to all intents and purposes makes them calorie free if you swap them for traditional noodles. For further information visit our [Miracle Noodle Review](#)

Extra foods that are fantastic for speeding up the metabolism are vegetables and fruit, particularly dark green leafy veggies and berries. These foods are also a great source of vitamins and antioxidants so eat as much of these foods as you want.

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