

## [FOOD THAT HELP TO BURN FAT](#)



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The potential benefits of omega-3 fatty acids continues to grow. When it comes to burning fat, omega-3s help reduce muscle inflammation and increase your metabolism. These combine to help you burn more fat and at a faster rate, as well as help with general weight loss.

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Fortunately, several natural foods and beverages have been shown to increase your metabolism and promote fat loss. Here are 12 healthy foods that help you burn fat.

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Almonds Almonds are filled with protein, fibre and healthy fat so eating almonds can help you lose weight by stabilizing blood sugar and warding off hunger.

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### **10 Foods That Help You Burn Fat The Daily Meal**

But in addition to those foods, other foods work more indirectly, by improving the body's ability to burn fat by enhancing digestion, reducing inflammation, and balancing intestinal bacteria. By consuming foods that help you build a good source of intestinal bacteria, your body will be able to produce a satiety hormone that works with the brain to turn off its hunger sensation.

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### **Foods That Help Burn Fat ActiveBeat**

If you have an addiction to spicy foods you're already helping your body burn fat! Hot peppers, specifically jalapeños and chili peppers, contain the component capsaicin. Capsaicin heats up your body, and as a result, you burn off more calories. Hot peppers can also reduce your appetite and food

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### **7 foods that help burn belly fat All My Family Care**

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