

[FOOD THAT HELPS BURN FAT](#)



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They re also an excellent source of potassium, which helps reduce water retention and bloat always a welcome effect when you re trying 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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12 Healthy Foods That Help You Burn Fat

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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Salmon continues to make it onto health food lists and with good reason. It s low in saturated fat, but full of antioxidants and omega-3 fats. It kickstarts fat-burning and reduces fat storage, a powerful combination that blasts fat and will help you lose weight. Salmon is also a good source of

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10 Foods That Help You Burn Fat The Daily Meal

Foods such as peppers, mustard greens, egg whites, and berries all have nutritious properties that can help you increase calorie burn, decrease appetite, and enhance your sense of fullness after eating, so the more you eat of them, the better.

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19 Best Foods That Help Burn Fat Even When You Rest

To turn meals into foods that burn fat, add a drizzle of sunflower oil or coconut oil. It works great on salad, pasta, and rice dishes. You can even whip up a simple dressing by mixing sunflower oil with vinegar and honey.

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