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Capsaicin, the compound that makes chili peppers hot may mildly increase metabolic rate, research shows, which is of course welcome when you're trying to burn fat. It won't cause you to burn lots of extra calories or make you lose five pounds, but it can support a slightly higher metabolism, says Cording.

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Too much of any food can lead to weight gain. The ones that make you fat most quickly are, predictably, those with lots of sugar, fats and refined grains.

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