

## [FOODS TO HELP LOSE FAT](#)



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Try these fat burning foods: a veggie stir-fry in olive oil with a little cayenne pepper to make a delicious fat-burning meal. 3. Nuts and Seeds. Nuts and seeds are usually healthy fats that raise the body's metabolism and help you burn fat. Nuts and seeds are a great healthy snack option.

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No doubt: Weight loss comes down to simple math. You have to eat fewer calories than you burn. "Certain foods can help you shed body weight," says Heather Mangieri, RD, a spokeswoman for the Academy of Nutrition and Dietetics, "because they help you feel full longer and help curb cravings." Some even kick up your metabolism.

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