

## [FOODS WHICH BURN FAT](#)



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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.

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Maybe you already knew that particular foods contain high thermogenic effect, which essentially means they help to boost your metabolism. However, the majority of the population has no idea exactly what foods burn calories as you chew, or contain particular nutrients and compounds that fuel your

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### **Foods That Burn Belly Fat 40 Best Weight Loss Eats Eat**

Shutterstock. When you re trying to burn belly fat, bread can be your best friend or worst enemy depending on which loaf you choose. Instead of reaching for nutrient-void white bread, opt for toast baked with sprouted grains.

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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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