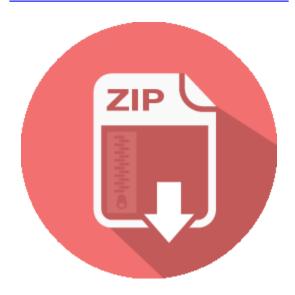
FOODS WHICH BURN FAT



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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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No single food will automatically target your turkey neck (fat loss only happens when you burn more calories than you ingest, leading your body to preferentially break down lipid stores for energy).

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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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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

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