

## [HEALTHY FOODS THAT BURN FAT](#)



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Certain foods have a very high thermogenic effect, so you literally burn calories as you chew. Other eats contain nutrients and compounds that boost

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Moreover, it can help you burn fat. In a small study including nine people, those who took caffeine an hour before exercise burned nearly twice as much fat and were able to exercise 17% longer than the non-caffeine group .

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### **40 Most Effective Foods That Burn Belly Fat Faster**

This is an essential food for burning belly fat in your diet. Citrus fruits like kiwi, lemon, fresh limes and orange are the top choice for burning fat, boosting the metabolism and acids present in the fruit burn belly fat faster.

Other fruits which burn belly fat include apple, grapes, watermelon and strawberries. #2 Veggies. These are rich in mineral and water content. The calorie count is lower than fruit. This makes it a welcome addition to the diet as belly fat reducing foods.

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