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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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These are 10 of the best fat burning foods that anyone engaging in physical activity could consider as a part of their diet, making it easier to lose weight. Take a look and see what changes you can make in your diet to achieve your perfect weight! 1. Avocado. This often-ignored fruit is a great option for those who want to burn more fat.

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