

[WHAT FOODS CAN I EAT TO BURN FAT](#)



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The pectin in apples can limit how much fat your cells absorb. They also contain plenty of antioxidants and soluble fiber to aid in digestion. But don't eat too many their high natural sugar can cause you to crash and burn like other carbs, although the fiber helps slow it down to a degree. However, this fiber, along with the fruit's natural acids, can cause intestinal upset if eaten in large quantities. Stick to an apple a day.

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While you can't simply sip on green tea and expect the pounds to fall off, there is actually quite a bit of research showing that this elixir can help fire up your body's fat-burning capabilities.

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Fat Burns Fat. The body needs three macronutrients for energy: Carbohydrates, protein, and fat. A gram of fat packs more than twice the energy of a gram of the other two. When you don't have any fat in your diet it's like you don't have fuel to burn calories, Glassman says. The body requires energy to keep its metabolism properly functioning, and a 2007 study published in the American Journal of Clinical Nutrition found that consuming fatty acids can boost metabolic health.

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