

## [WHAT TO EAT TO BURN FAT](#)



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### **Nutrition 101 Eat To Burn Fat bodybuilding com**

A Spanish study found that eating oily fish like sardines three times per week while dieting led to improvements in leptin. Leptin is a hormone released from fat cells that regulates appetite and body-fat levels, helping you lose weight.[1] This may be due to the high levels of omega-3 fatty acids in this fish.

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### **40 Best Fat Burning Foods For A Healthy Lifestyle**

A pan, spatula, and carton of eggs are all you need to fry some serious flab. Eggs are one of the best sources of choline, a major fat-burning nutrient that helps turn off the genes responsible for belly-fat storage. Bonus: eggs are a great source of lean protein, which can set the fat-burning pace for your entire day when eaten for breakfast.

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### **20 Best Fat Burning Foods To Eat Now Foods That Burn Fat**

Nuts have healthy fat, fiber, and protein, which is a great combo to keep you energized and satisfied, says Cording. A quarter-cup of whole nuts or two tablespoons nut butter is a good max

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### **Why You Need to Eat Fat to Burn Fat Livestrong com**

Dietary fat also provides energy, protects our organs, maintains cell membranes, and helps the body absorb and process nutrients. Even better, it helps the body burn fat, says nutritionist and owner of Nutritious Life meal system, Keri Glassman, RD, who recommends that about a third of any weight-loss plan s calories come from dietary fat.

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### **10 Fat Burning Foods You Should Be Eating Fitness**

A fat burning food by definition is a food that takes more calories to digest than it does to consume it. An example of this would be celery. It takes us more energy to actually chew up a piece of celery and the body to then digest the celery than the calories in the entire stick of celery.

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### **Fat Burning Foods and Exercises to Lose the Extra Flab**

To maximize the fat burning during weight training, women should aim for 12 to 15 repetitions per exercise, White says, and focus on a higher number of reps rather than constantly boosting the weight.

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### **What To Eat To Burn Belly Fat 7 Foods For A Slimmer Waist**

Secret belly-fat burner: Omega-3s. Eating fat might sound like a crazy idea when you re trying to lose fat, but getting more omega-3 fatty acids from fatty fish like salmon could be just what the diet doctor ordered, according to a study in the British Journal of Nutrition. Although the exact mechanisms are unknown, omega-3 fatty acids reduce fat mass.

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