

## [FOODS BURN FAT](#)



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### **The Top Fat Burning Foods Health**

Lean meats. Protein has a high thermogenic effect: You burn about 30% of the calories the food contains during digestion (so a 300-calorie chicken breast requires about 90 calories to break it down).

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

2 of 15. Nuts and nut butters. Nuts have healthy fat, fiber, and protein, which is a great combo to keep you energized and satisfied, says Cording. Because nuts are calorie-dense, a quarter cup of whole nuts or two tablespoons nut butters is a good max serving for most people.

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

40 Best-Ever Fat-Burning Foods 1 Cayenne Pepper. 2 Guacamole. 3 Oatmeal. 4 Wild Salmon. 5 Sweet Potatoes. 6 White Tea. 7 Dark Chocolate. 8 Berries. 9 Eggs. 10 Black Beans. 11 Sun-Dried Tomatoes. 12 Grapefruit. 13 Quinoa. 14 Pork Tenderloin. 15 Coconut Oil. 16 Almonds. 17 Grass-Fed

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12 Healthy Foods That Help You Burn Fat 1. Fatty Fish. Fatty fish is delicious and incredibly good for you. 2. MCT Oil. MCT oil is made by extracting MCTs from coconut or palm oil. 3. Coffee. Coffee is one of the most popular beverages worldwide. 4. Eggs. Eggs are a nutritional powerhouse. 5.

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

Every other week, it seems, there's some new "fat-burning" food or supplement. On the list: chili peppers, low-fat dairy, and numerous dietary supplements. There's some truth to the fat-burning food claims. "Some studies show certain foods can speed metabolism," White says.

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### **Fat Burning Foods in Pictures Blueberries Green Tea and**

One of the best sources of protein is fish. Most fish is low in fat, and the exceptions usually have a good form of fat: omega-3 fatty acids. Omega-3s, which are found in salmon, herring, and other fatty fish, may help protect against heart disease and other chronic conditions.

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