

What are Fat Burning Foods – List of Cheat Foods for Weight Loss

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What are fat burning foods? Anyone who wants to lose weight would often find themselves asking this question. Fat burning foods, these are specific foods that require an extensive amount of energy for the body to digest. In a dieter's lingo, these are known as cheat foods. The great thing with these types of foods is that you can enjoy them and get a bonus in return, and that is weight loss.

- **Cayenne peppers, chilli peppers and jalapeno.** Spicy foods are known to speed up your body's metabolism. These are very effective weight loss foods since they can eliminate weight faster by enhancing the fat burning process of the body, increasing it as much as 25%.
- **Green tea.** According to research, green tea is a great fat burner for women. It works by revving up the nervous system thus making your body eliminate more calories. This is especially effective when mixed with caffeine. Aside from its popularity for weight loss use, green tea is also known to be extremely beneficial for individuals suffering from certain diseases, like cancer.
- **Oatmeal.** If you want a food that can effectively fill you up yet won't trigger a spike in your insulin levels, then oatmeal is the answer to your prayers. Oatmeal is also considered a great breakfast food since it can boost the rate of your metabolism up to 10% more, thus increasing your chances of burning fat.
- **Beans.** These are considered as muscle building foods because of their high protein content. According to some studies, their fiber helps prevent the absorption of fat in the body. Go for kidney, white, Lima and navy beans. However, steer clear from re-fried or baked ones.
- **Olive oil.** This helps burn fat while keeping the cholesterol levels of the body down. Olive oil is the healthy alternative of the traditional cooking oil.

- **Salmon.** Loaded with Omega 3, salmon is considered as one of the best foods around which can burn fats quick. Since it also burns calories fast, salmon is definitely an ideal weight loss food. This also goes for other fishes, especially the fatty types, like tuna and mackerel.
- **Lean beef.** Lean beef enables the body to work hard during digestion, effectively burning fat in the process. The protein found in beef is also renowned for muscle building.
- **Sardines.** Fish oil found in sardines is notorious for its fat burning power. A number of body builders are known to depend on sardines for the fish oil and high-protein content, a powerful combination for muscle building.

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