

Fat burning foods that can help to lose fat

[Nutrition](#)



Processed foods, sugary foods and oily foods low in nutrients are classified as junk food. Eating unhealthy in the long run can lead to a lot of health complications like heart problems, weight gain, tooth decay and gastrointestinal problems. While an occasional cup of ice cream or a slice of pizza does no wrong, it has widely been found that such foods are consumed almost daily by individuals. Unhealthy food habits cause irreparable damage to your body. Struggling to lose excess fat? Read on to know how by consuming fat reducing foods!

What are Fat Burning Foods?

Foods that promote weight loss in the body are known as fat burning foods. Eating healthy is beneficial for not just losing weight, but also for a glowing skin and better metabolic rates. Along with a healthy amount of exercise and consumption of these foods, you will not only shed those extra pounds but also nourish your body with the much-needed nutrients.

51 Fat Burning Foods

Listed below are 51 fat burning foods that will help you lose fat:

1. Green Tea

Green tea is a rich source of flavonoids and caffeine that is known to increase the oxidation of fat, improve metabolism and promote insulin activity. Green tea is also a rich source of anti-oxidants and certain other healthy compounds beneficial to the brain. A glass per day is not just a good caffeine replacement but a cup full of goodness.

2. Apple Cider Vinegar

The active ingredient in apple cider vinegar is acetic acid that is known to improve fat storage, burn excess fat, improve metabolism and lowers blood sugar levels.

3. Flaxseeds

Flaxseeds are a rich source of alpha-Linolenic acid a type of omega 3 fatty acids, good fats and certain antioxidants. Consuming flax seeds every day has been known to lower cholesterol levels and improve digestion.

4. Strawberry

Strawberries pack in a load of nutrients like vitamin C, fibre, potassium, calcium, and magnesium. They are also a rich source of some phenolic compounds that aid in weight loss and promote reverse inflammation.

5. Chicken Breast

Skinned chicken breast is rich in protein and low in fat. A meal of grilled chicken breast with some steamed veggies is a nice & yummy replacement for a high-calorie meal.

6. Avocado

Avocado is rich in the healthy monounsaturated fat that helps lower cholesterol, reduces belly fat and reduces hunger.

7. Water

Water is the oldest and everybody's favourite refreshing drink. Containing no calories, water is a good replacement for sugary sodas and chemical laden <https://assignbuster.com/fat-burning-foods-that-can-help-to-lose-fat/>

fruit juices. Water helps flush out toxins, improves metabolism and acts as an appetite suppressant.

8. Turmeric

The strong orange-yellow coloured spice, native to ancient India is a rich source of curcumin. This beneficial compound improves metabolic rates, prevents inflammation and suppresses fat tissue growth.

9. Salmon

Salmon is the most coveted fish in the world. Loaded with healthy fats and containing very few calories, salmon is a good replacement for red meats. It keeps the feeling of fullness for a long time and suppresses hunger.

10. Walnut

Rich in omega 3 fatty acids, a handful of walnuts consumed every day has been known to reduce obesity, diabetes and also suppresses appetite.

11. Soybean

A popular substitute for meat, soybean is a rich source of soluble and insoluble fibre. Soybeans contain high amounts of unsaturated fat that help reduce bad LDL cholesterol and reduces fat storage in the body.

12. Almonds

Almonds contain monounsaturated. A few add as a snack or over a salad is enough to help you shed those unwanted kilos.

13. Watermelon

Over 90% of watermelon contains water and hence this refreshing fruit makes an extremely healthy snack. It aids in weight loss by flushing out unwanted toxins and reducing inflammation.

14. Oatmeal

Start your mornings with a filling bowl of oatmeal for a power-packed boost to your day. Rich in fibre, natural sugar, protein, sugar and calcium, oatmeal suppresses hunger and keeps you satiated for long.

15. Sardines

Full of protein and omega 3 fatty acids, sardines are known widely for their fat reducing benefits. A meal with sardines will help keep you feeling full for longer, stabilise blood sugar and improves metabolism.

16. Kale

A rich source of vitamins, minerals, fibre, protein, sulphur compounds and extremely low in calories, kale is known to be a nutrient dense food. Swap your plate of fat-filled pasta salad for a bowl of healthy kale to shed those pounds!

17. Eggs

When had as a part of a healthy diet and plenty of exercises, eggs help in burning extra calories. They are a rich source of whole protein and other nutrients.

18. Ghee

A good source of fat soluble vitamins and healthy omega 6 fatty acids like conjugated linolenic acid, ghee is a good fat that helps burn fat.

19. Brown Rice

A famous new entrant in the superfood world, brown rice is a good alternative to white rice. Rich in resistant starch which is known to be a healthy starch, brown rice is a low energy density food that keeps you satiated for longer, preventing unhealthy snacking.

20. Sweet Potatoes

Sweet potatoes are high in dietary fibre that fills up the stomach, keeping you feeling full for longer and thereby promoting healthy eating habits.

21. Olive Oil

Rich in omega 3 polyunsaturated fat, a bowl of salad drizzled with this fruity oil helps you reduce weight by targeting stored fat and improving metabolism.

22. Banana

Known famously as the poor man's apple, banana is rich in potassium. This super fruit is a low-calorie snack alternative, keeping you full for a longer time and prevents hunger.

23. Greek Yogurt

Rich and creamy food from the Mediterranean cuisine, Greek yoghurt is laden with hunger satiating protein. It works by keeping you full for a longer time and prevents eating urges.

24. Dark Chocolate

Chocolate is everyone's best friend, but traditional chocolate is high in calories. Enter, the healthier older sibling of milk chocolate, the sensual dark chocolate! Rich in anti-oxidants, dark chocolate improves mood and suppresses hunger.

25. Lemon

Replace your sugary sodas with a glass of lemon water for a weight loss boost! Lemon helps flush out toxins, eats stored fat and maintains the Ph levels in the body.

26. Green Vegetables

A bowl of steamed green vegetables or in a light gravy is a good replacement for heavy fat laden foods. Rich in minerals and other important nutrients, green vegetables are an important part of the diet.

27. Coconut

Rich in medium-chain triglyceride, this famous tropical food keeps you full for a long time and is hence an essential part of a healthy diet.

28. Oysters

Eaten raw, baked, in soups or curries, oysters are a rich source of natural zinc, vitamin A, vitamin E, vitamin C, vitamin B12, selenium, iron and calcium. Consuming this delicious seafood helps protect the heart, improves energy levels and lowers cholesterol levels.

29. Cauliflower

A cup of cauliflower contains only 25 calories and contains a lot of essential nutrients like vitamin C, vitamin K, vitamin B6, folate, Pantothenic acid, Potassium, Manganese, Phosphorous and Magnesium. Cauliflower is a good substitute for high-calorie foods and hence aids in weight loss.

30. Kefir

A famous probiotic drink, kefir is a protein-rich drink that improves metabolism and effectively helps burn fat faster.

31. Black Beans

A part of the legume family, black beans contain essential minerals like iron, calcium, magnesium and manganese among many others. Rich in fibre, black beans promote good digestion and help in reducing weight.

32. Spinach

Spinach is rich in folate, riboflavin, iron, vitamin B6, magnesium and carotenoids. When had as a salad, a smoothie or in your favourite pasta spinach helps you burn fat.

33. Tuna

Tuna is a lean, high protein and low-calorie seafood. Both in the canned or fresh form, tuna is a good replacement for higher-calorie foods.

34. Quinoa

Loaded with protein and fibre, quinoa is a well-known grain substitute. This superfood fills your stomach and helps in weight reduction by keeping you satiated for longer.

35. Cinnamon

Cinnamon tea when consumed daily helps flush out toxins and aids in weight loss. Coumarin found in cinnamon helps reduce water retention.

36. Sprouts

Bean sprouts are an extremely good source of the pigment chlorophyll and daily consumption of it in the form of salads or as a ramen topping helps reduce weight and controls hunger pangs.

37. Chia Seeds

Chia seeds are an extremely rich source of fibre, with 2 tablespoons containing as much as 10g of fibres. A tablespoon or two in your favourite smoothie will help you keep full for longer.

38. Honey

This golden miracle food is coveted since antiquity for its many health benefits. Honey cleanses the body of harmful toxins and promotes higher metabolic rates.

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39. Lentils

Lentils contain low fat and are a rich source of slow digesting carbohydrates. When made a part of your daily meals, lentils help in controlling weight and helps fight cravings.

40. Tomatoes

Rich red hue and a delicious tangy taste, tomatoes are everyone's favourite fruit! Tomatoes help in reducing bloating and helps burn excess fat.

41. Broccoli

Broccoli is a low-fat & low-calorie vegetable that helps reduce fat and suppresses hunger by keeping you full for a long time.

42. Plums

Delicious and dark purple in colour, plums are high in fibre, antioxidants, vitamins and minerals. Plums can be consumed as a tasty & healthy dessert replacement for cutting out on extra calories and reducing weight.

43. Grapefruit

A lesser-known cousin of the orange, grapefruit has long been a part of many weight loss programs. This fruit is known for its deep red and unique taste. High in vitamin C, grapefruit helps in burning excess fat.

44. Garlic

A famous relative of the illustrious onion, garlic is known for its anti-inflammatory and antiseptic properties. Use it to flavour your food and reduce weight while eating yummy dishes.

45. Pumpkin

Replace your calorie-filled mushroom soup for a bowl of healthy and filling pumpkin soup. A great low-calorie alternative to fat dense foods, consuming pumpkin leads to lower calories being taken in.

46. Cayenne Pepper

This hot spice is known to increase the metabolic rates in your body and burn fat by increasing your body's temperature.

47. Chilli Pepper

Made famous by various celebrities, chilli pepper has been known to aid in the faster loss of weight. Chilli peppers contain capsaicin which releases adrenaline and this hormone helps in breaking down fat.

48. Clove

This well-known spice has long been known to aid dental problems but is also very helpful in reducing weight. Known for its anti-cholesteric and anti-lipid properties, cloves help reduce cholesterol and burn fat faster.

49. Ginger

Ginger is a famous root that is known most for aiding digestion. It helps in burning fat by promoting thermogenesis and controlling hunger.

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50. Coffee

One of the most consumed hot beverages in the world, coffee is the richest source of caffeine. Caffeine is known to be a very good appetite suppressant, boosts metabolism and helps in the better digestion of food.

51. Onions

Onions are used in almost in every dish that is cooked. A rich source of the antioxidant quercetin, fibre and other nutrients, onion aids weight loss by reducing inflammation, promoting higher calorie burning and suppressing hunger.

Importance of Exercise in Fat Burning

Physical inactivity is known to be the leading cause of obesity, high blood pressure, diabetes and osteoporosis. Eating healthy and consuming fewer calories is unfortunately not enough to burn fat. For the effective loss of weight, it is essential to exercise at least three times a week. Exercising has been known to reduce the risk of developing cardiovascular diseases, cholesterol, cancer and other life-threatening ailments. So, with a balanced healthy diet, it is essential to exercise to reduce weight and stay in shape.

A healthy mind and body are essential for a balanced living. So, whip up some delicious meals with the foods listed above and shed those extra kilos!