

# Metabolism Boosting Foods



# 8 METABOLISM BOOSTING FOODS

There are plenty of foods available that boost metabolism fast. However, below foods will not just help you lose weight fast, but they are also safe and don't have harmful effects. The only effects are loss weight fast, boost metabolism considerably and improve health. So, what are these foods?

## **1. Salmon**

Fish is part of the best foods to boost metabolism. They are full of omega-3 fatty acid that assists blood to circulate better and at the same time assist avoid blood clots. Also, this increases your metabolism directly. Eating fish especially salmon twice a week is enough to get its benefits.

## **2. Raspberry**

Berries are rich in antioxidants that keep your metabolism strong and helping you endures diseases and lots of common conditions like colds and other ailments.

## **3. Virgin Olive Oil**

Olive oil like fish also has omega 3-fatty acid and is extremely healthy to utilize each time you cook foods. This helps a lot in increasing your metabolism.

## **4. Apples**

Apples not only help boost metabolism, but they are also ideal for those who want to lose weight fast.

## **5. Cayenne Pepper**

This is an extremely special pepper which boost metabolism and at the same time also helps the body burn calories without even lifting a finger. This raises the temperature of your body and when it requires cooling down, it starts to burn calories to put the energy into cooling itself. This process causes metabolism to rise, burn calories as well as weight loss to happen.



## **6. Water with Lemon**

You might be familiar with lemon in hot water for healthy digestion. However, what you need to know is that it is effective in boosting metabolism. Lemon juice before a meal help in lowering blood sugar response from the food you eat.

## **7. Coconut Oil and Coconut Milk**

Coconut milk and coconut oil are not just healthy for your skin, hair and body. They are also rich in antibacterial and antiviral properties which make them ideal to keep good balance of bacteria in the gut. Research also shows that this can increase body's metabolism, thus helps you eliminate those unwanted fats.

## **8. Kefir**

When it comes to sour cultured foods, kefir is the best choice in boosting metabolism. It can also help you zap your cravings for sugary foods. It has a sour taste that kills sweet tooth and feeds good bacteria in the gut. Bad bacteria in can lead to weight gain. You can enjoy dairy kefir or dairy free kefir options. You can buy kefir made from coconut water which is easily accessible in the nearest supermarket and an online store.

So, there you have it, 8 all natural foods that can boost your metabolism and at the same time assist you lose weight fast. On the other hand, the foods mentioned above are not just the foods which can boost metabolism. They are also very effective in maintaining good health in general.