

Proper Metabolism

Certain Foods Will Speed Your Metabolism

Although most foods will speed the body's metabolism, some are better than others.

What is it that causes changes to metabolism?

Understanding what metabolism is and how it affects the body may help you understand the process.

If a person consumes 3 meals a day each of which produce about 4 hours of digestion then that person will be digesting food for about 12 hours each day. This process of digestion allows the needed nutrients and energy to be absorbed into the body.

In short, during the digestion process, our bodies burn calories. This is especially true of foods containing carbohydrates and protein which take longer than other foods to digest. Simply by eating, digesting and absorbing nutrients from the food, you speed your metabolism

Does this mean you should eat more to constantly stimulate calorie burning?

Here's another answer that might surprise you. Yes. But hold on before you park yourself in front of the refrigerator, bib in place, knife and fork at the ready.

As mentioned above your goal is to burn off calories. You can accomplish this by keeping your metabolism active. However eating more food in an attempt to accomplish this goal is counter productive. Smaller meals eaten throughout the day is the proper method.

Food choices should be given consideration when seeking to improve the speed of metabolism. Choices such as caffeine, coffee, tea, chocolate and chillies will minimally speed up metabolism.

Carbohydrates and protein trigger the highest rate of metabolism. In fact, a protein meal can burn as much as 25% of that meal's calories through digestion and absorption.

However these high protein meals may not be the answer because they do not provide the required nutrients needed for your body to function. Supplements such as vitamins and minerals may not help because the quality of nutrients may be substandard.

Your mother was right. Eat a proper meal containing balanced foods and you will not need supplements. Avoid starchy vegetables and add a portion of proteins, good fats and carbohydrates. The goal here is to keep the blood sugar at a proper level to burn fat and attain more muscle tissue and minimize fat production.

Focus on these 10 specific foods that help speed metabolism and burn fat.

Whole grain bread

Chicken

Salmon

Eggs

Fresh Cheese

Green Beans

Summer Squash

Cabbage

Asparagus and other non-starchy vegetables

And, of course, protein rich meats

As simple as it sounds, cold water is great for a metabolism boost.

Remember, there are other factors beyond your control that can affect your body's speed of metabolism, including your age, sex and any medical conditions.

While the tactics needed for a healthy life style are not complicated, they can be difficult to achieve especially if it means changing a lifetime of bad habits. You have heard it all before. Proper eating, proper foods and proper exercise are the necessary rungs on your health ladder.

About the Author

Source: <http://www.weight-lossarticles.com>