

# THE 10 BEST FAT-BURNING FOODS

Crush cravings and fast-track your way to a hot body with these super-slimming heroes

**S**o, you want to feel better in the buff? Fill up your plate! You can boost your fat burn by eating more – it just means making some savvy food choices. We've done the hard work for you and cherry-picked 10 of our favourite flavour-packed foods that help your body torch fat and burn extra calories. All you have to do is focus on eating! You're welcome.

## 1 SPINACH

Ridiculously low in calories, spinach is packed with vitamins, minerals and antioxidants. Like other dark green leafy veggies, this super-slimmer helps boost liver detoxification. It cleanses your body of unwanted toxins, which is crucial for successful weight loss.

**TRY THIS:** Add a handful of spinach to salads and drizzle with balsamic vinegar for a tasty meal.

## 2 BERRIES

**Fruit is nutritious, but it's not always a dieter's best friend. Why? Some fruits are high in fructose, a sugar that can lead to weight gain. As a rule, munch on darker fruits such as blueberries, strawberries and raspberries. These berries are chock-full of antioxidants and fibre, and low in fructose.**

**TRY THIS:** Throw a handful of berries in a blender with a cup of almond milk and a scoop of whey protein for a healthy post-workout snack.



**'SALMON GETS FIVE STARS WHEN IT COMES TO WEIGHT LOSS'**



## 3 GREEN TEA

**OK,** strictly speaking it's not a food, but green tea is well known for its super-powered fat-burning qualities. This waist-trimming tea is crammed with antioxidants called catechins and just enough caffeine to give you a buzz without leaving you wired. A study published in the journal *Obesity* found that EGCG, a powerful compound in the green brew, helped to slow down weight gain, even when this was combined with a high-fat diet.

**TRY THIS:** Add a squeeze of lemon to boost liver detoxification.

## 4 YOGHURT

Natural yoghurt is a great source of probiotics, which help keep belly fat at bay. This dairy delight is also high in protein, which is proven to keep you feeling fuller for longer. Avoid flavoured yoghurts, which are usually packed with artificial nasties – you can sweeten your snack with a teaspoon of good-quality honey instead.

**TRY THIS:** A pot of natural yoghurt served with 2 teaspoons of mixed seeds and a drizzle of honey.

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## 5 SALMON

**When it comes to successful weight loss, salmon gets five stars. The oily fish is high in omega-3 fatty acids, which help your body burn fat at a faster rate, and it's a fabulous source of muscle-building protein. It's versatile too – enjoy it steamed, baked or grilled.**

**TRY THIS:** Salmon baked with lemon, herbs and mushrooms, served with roasted vegetables.

## 7 EGGS

Eggs are packed with nutrients and high in protein. A 2012 study by the Pennington Biomedical Research Centre in Louisiana found that overweight and obese people who ate eggs for breakfast had lower levels of the appetite-stimulating hormone ghrelin in their blood three hours after eating. Result!

**TRY THIS:** One poached egg on wholegrain toast.

## 8 NUTS

Cashews, Brazil nuts and almonds are packed with omega-3, which helps control appetite and lower the muffin top-inducing hormone cortisol. Harvard School of Public Health found those who ate high-fibre foods, including nuts, boosted weight loss by 3lb in four years.

**TRY THIS:** Nibble on a handful of raw mixed nuts and team with an apple for a filling snack.

## 9 OATS

A steaming bowl of porridge is the perfect way to start the day. Oats are loaded with fibre, which helps keep your digestive tract in tip-top shape and keeps you feeling full for hours. They're also a great source of hormone-regulating B vitamins.

**TRY THIS:** 50g of porridge made with almond milk and linseeds.

## 10 LENTILS

**A vegetarian's best friend, lentils are not only a great protein-based meat alternative, they're jam-packed with weight-loss boosting fibre. Lentils also help regulate blood sugar levels and boost energy, and are great in soups, salads or stews.**

**TRY THIS:** A bowl of spicy lentil soup with a small wholegrain roll.

**WANT MORE?** Turn the page for our figure-boosting 28-day diet featuring these fab fat-fighting foods

