

## 7 Foods that Speed Up Your Metabolism

There are many ways to slim down, but everything might be in vain if you don't work from the inside out. If you have a slow metabolism, it is useful to know that you should firstly enhance its functions and then wait for the results of your diet.

Nutrition plays a key part in your overall well-being. If you feel that your metabolism isn't working to your advantage, you can use the power of nutrition to help it out.

Without further ado, here are 7 foods that can speed up your metabolism:

### 1. Grapefruit

The important ingredient is naringin, which stimulates fat burning and speeds up the metabolism. Its properties [reduce the level of insulin](#) and they contribute to a better metabolism. A half a grapefruit a day will do to give your metabolism a nudge.

### 2. Brown rice

It's full of [fiber](#) and takes much more room in your belly than other foods that are way richer in calories. So you won't feel the need to eat more. The metabolism will digest it easily.

This whole grain is very versatile so you can use it as part of many dishes. As it is an excellent source of minerals and vitamins, it will actively contribute to your health.

### 3. Oatmeal

It has minerals, proteins and fibers. Oatmeal provides energy for the whole day and it's great to [fight against cholesterol](#) too.

Oatmeal is great for breakfast. Add a bit of milk and some fresh fruits if you wish and you have a very nutritious meal in a snap.

#### **4. Dark chocolate**

Don't confuse this with milk chocolate, which might be more delicious but it's loaded with sugar. Make friends with dark chocolate. It contains important amounts of antioxidants called [catechins](#) that boost the lazy metabolisms, as well as caffeine which stimulates the nervous system.

#### **5. Avocado**

It's full of "[good fats](#)" which will stimulate the metabolism. It also turns off the hormones that store fat.

Avocado satiates so it helps you skip snacking. Snacks are usually all about unhealthy or very processed foods. They can put more pressure on your body to perform a proper digestion. This green fruit is a good ally to have a healthy metabolism.

#### **6. Broccoli**

It provides lots of [chromium](#) which stabilizes the level of blood sugar. This reduces cravings and overeating significantly. It provides important nutrients to the key organ: the liver.

Broccoli is low in calories so you can help yourself as much as you want. Just make sure to cook it properly before eating it if you have [thyroid issues](#). When it's raw it can lead to an under active thyroid for people with current problems.

#### **7. Chewy foods**

You burn calories only by taking the time to chew them. Most people eat more just because they chew fast and don't have time enough to realize that they've had enough.

If it takes extra work to chew your meal, [the thermic effect](#) will be increased and will be digested better. Also, it [takes about 15-20 minutes](#) after the food is eaten for the satiety signals to reach the brain. So you will avoid overeating and won't burden your metabolism with excessive amounts of food.