

Fast Fitness

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Top 5 Healthiest Super Foods to Boost Your Metabolism and Burn Fat

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The most common causes of obesity are poor nutrition and/or eating habits and a lack of physical activity. Some additional factors that can lead to obesity include stress, diabetes, emotional eating, boredom, blood-sugar imbalances, and hypothyroidism. Obesity has also been associated with food sensitivities and/or allergies. However, it is the consumption of nutrient-poor foods that makes it much harder for your body to burn fat and thus accumulates in the body. That is why it is essential to eat nutrient-dense foods that will boost your metabolism and burn fat easily and efficiently.

Top 5 Healthiest Super Foods

1. Water- The human body is two-thirds water, and water is vital to your health. Water keeps our cells hydrated, removes harmful toxins, and carries nutrients and waste products in and out of cells. Water also plays a key role in the metabolic breakdown of proteins and carbohydrates.

2. Apples- are a rich source of fiber, carbohydrates, phytonutrients, potassium, vitamin A, vitamin C, and water (roughly 80%). The flavonoid quercetin and vitamin C are potent antioxidants that boost the immune system and may help ward off asthma attacks, atherosclerosis, and various cancers. Apples contain high amounts of a soluble fiber called pectin, which promotes regularity and helps lower potentially harmful LDL blood cholesterol levels.

Apples also contain potassium, thus may help prevent high blood pressure and stroke. The high water content in apples keep the body hydrated and encourages cleansing and detoxification.

3. Quinoa- is a complete protein, containing all nine essential amino acids. Quinoa is also a great source of complex carbohydrates, fiber, calcium, and iron; and a good source of manganese, copper, magnesium (relaxes blood vessels), phosphorus, and lysine. Protein-rich foods can increase your metabolic rate by as much as 35%.

4. Almonds- are one of the best whole food sources of vitamin E. Almonds are also a good source of calcium, fiber, protein, some B vitamins, potassium, zinc, magnesium, phosphorus, manganese, as well as cancer-fighting amygdalin (B17) and kaempferol; Almonds are a valuable source of monounsaturated fat, too (the good fat). Other possible health benefits include weight loss and reduced risk for diabetes.

5. Microalgae- (spirulina and chlorella) are incredibly nutrient-dense superfoods. Both chlorella and spirulina contain numerous health enhancing substances, such as chlorophyll and high quality complete balanced protein; all the B vitamins; omega-3 fatty acids, beta carotene, and nucleic acids (RNA & DNA); and important minerals such as magnesium, potassium, and zinc. Chlorella and spirulina are beneficial for the immune system, cleansing and detoxification (esp. heavy metals), intestinal health, nervous system disorders, diabetes, heart disease, cancer, and much more.

Most important, I would like to suggest organic whole foods whenever possible to help prevent unnecessary exposure to pesticides, antibiotics, hormones, and other toxic chemicals that are added to our food supply on a daily basis.