

15 Best Fat-Burning Foods

by [Jim Stoppani, PhD, Karla Dial And Allan Donnell](#)

from [Bodybuilding.com](#)



1. WALNUTS

All nuts do contain some omega-3. Of the fat alpha-linolenic acid, The most fatty contains Walnuts.

One ounce provides almost 3g of alpha-linolenic acid.

2. GINGER

Used for centuries to help relieve digestive upset/disturbances, ginger can also help reduce inflammation, boost blood flow to muscles and aid muscle recovery.

It has also has been shown to boost calorie burn when eaten.

3. OATMEAL

This very slow-digesting carb keeps blood sugar and insulin levels low, so fat burning can stay high.

In fact, research has shown that athletes who consume slow-digesting carbs in the morning burn more fat throughout the entire day and during workouts than those consuming fast-digesting carbs.

4. AVOCADO

The mono-unsaturated fats found in avocados are burned readily for fuel during exercise and actually encourage fat burning. Avocados also contain a very interesting carb called mannoheptulose, a sugar that actually blunts insulin release and enhances calcium absorption, both of which are critical for encouraging fat loss.

5. SALMON

This fish is one of the richest sources of the omega-3 essential fats EPA and DHA. Unlike flaxseeds, which provide a type of omega-3 that has to be converted into EPA and DHA, salmon provides your body a direct supply of them with no conversion required. This way you know you're getting a direct supply of the fats that turn on fat burning and block fat storage.

6. SOYBEANS (Edamame)

Soybeans are the direct origin of soy protein, which has been shown to build muscle as efficiently as other forms of protein like whey and beef. Soy has also been shown to aid fat loss, possibly by decreasing appetite and calorie intake.

7. WATER

This just may be your best ally in fighting bodyfat. Studies have shown that drinking 2 cups of cold water can boost metabolic rate by 30%. It has been estimated that drinking about 2 cups of cold water before breakfast, lunch and dinner every day for a year can burn 17,400 extra calories, which translates into a little more than 5 pounds of bodyfat!

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