

Easy ways to increase your metabolism

Eat plenty of protein at every meal. Eating food can increase your metabolism for a few hours.

This is called the thermic effect of food (TEF). It is caused by the extra calories required to digest, absorb and process the nutrients in your meal. Protein causes the largest rise in TEF. It increases your metabolic rate by 15–30 per cent, compared to 5–10% for carbs and 0–3 per cent for fats.

Drink more cold water.

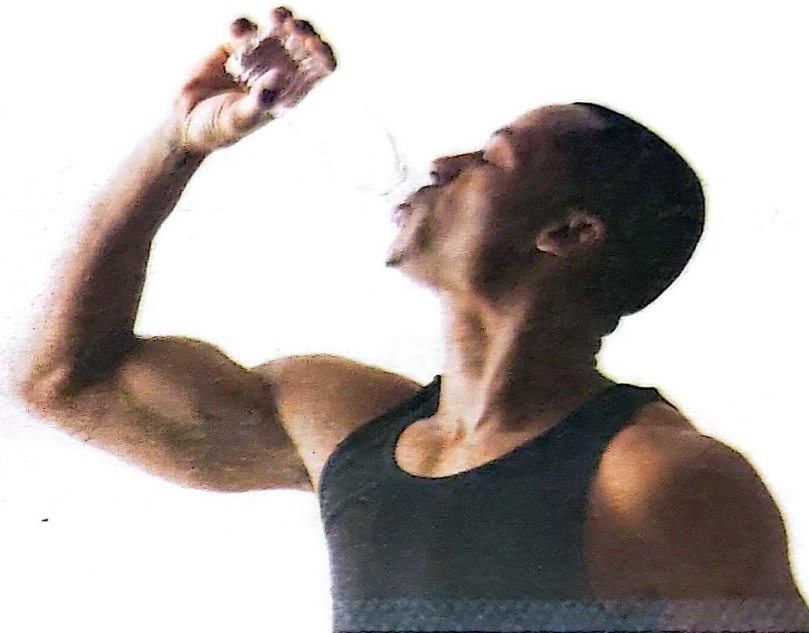
People who drink water instead of sugary drinks are more successful at losing weight and keeping it off. This is because sugary drinks contain calories, so replacing them with water automatically reduces your calorie intake. However, drinking water may also speed up your metabolism temporarily.

Do a high-intensity workout.

High-intensity interval training involves quick and very intense bursts of activity. It can help you burn more fat by increasing your metabolic rate, even after your workout has ended.

Stand up more. Compared with sitting, an afternoon of standing up at work can burn an extra 174 calories. If you have a desk job, try standing up for short periods to break up the length of time you spend sitting down. You can also invest in a standing desk.

Drink green tea. Green tea has been shown to increase metabolism by 4–5 per cent. This tea helps convert some of the fat stored in your body into free fatty acids, which may increase fat burning by 10–17 per cent.



Eat spicy foods. Peppers contain capsaicin, a substance that can boost your metabolism. However, many people cannot tolerate these spices at the doses required to have a significant effect.

One study of capsaicin, at acceptable doses, predicted that eating peppers would burn around 10 additional calories per meal. More than 6.5 years, this could account for 0.5kg of weight loss for an average-weight male. Alone, the effects of adding spices to your food may be quite small. However, it may be slightly useful when combined with other metabolism-boosting strategies.

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OTHER MEANS

- Get a good night's sleep
- Drink coffee
- Replace cooking fats with coconut oil