

# VitaMin



## Vital health information in a minute

### Rev up your metabolism

It's time to take a new look at losing weight and maintaining a healthy weight. It's not just about jumping from one diet to the next (and gaining back most of the weight). If you want to improve your health for the long run, focus on giving your metabolism a boost instead.

Metabolism is the process your body uses to turn food into energy. It's all about burning calories – and how effectively your body does that. Speeding up your metabolism burns calories faster, both during exercise and while you're at rest. Whether your body's metabolism happens to be fast or slow, you can take steps to help make it work for you. Try these tips.

#### Breakfast power

Start the day with a healthy balance of fruits, vegetables, whole grains and lean protein. Skipping meals slows down metabolism because without food your body will conserve energy and burn fewer calories.

#### Metabolism-boosting foods

Charge up with foods that can help your metabolism.

- › *Legumes* (beans, peas, chickpeas, lentils) can help speed up metabolism and slow down fat storage. When your body works hard to digest fiber, metabolism increases as a result.
- › *Spicy peppers* (green or red chili peppers) can produce a temporary boost in metabolism after you eat. The heat you feel when eating spicy foods kicks your metabolism up a notch, too.
- › *Shellfish* (shrimp, crab, lobster, oysters, scallops) are a good source of iron. A diet rich in iron is important when you're trying to build muscle.

#### Source:

1. American Heart Association. "Staying Hydrated – Staying Healthy." [http://www.heart.org/HEARTORG/HealthyLiving/PhysicalActivity/FitnessBasics/Staying-Hydrated---Staying-Healthy\\_UCM\\_441180\\_Article.jsp#.Vx--AfrKUM](http://www.heart.org/HEARTORG/HealthyLiving/PhysicalActivity/FitnessBasics/Staying-Hydrated---Staying-Healthy_UCM_441180_Article.jsp#.Vx--AfrKUM) (last reviewed/updated June 25, 2015)

This is intended to be general health information and not medical advice or services. You should consult your doctor for medical advice or services, including seeking advice before undertaking a new diet or exercise program.

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