



12 Metabolism-Boosting Foods to Aid Weight Loss.

Which food is best for weight loss women?



[Metabolism](#) is the process the body uses to convert food into the energy needed to survive and function. Metabolism often slows down due to things out of our control, including aging and genetics. However, there are some healthy changes you can make, like eating right and exercising, to help boost your metabolism. The healthier your body is, the better your [metabolism](#) may work.

Try these 12 healthy foods, recommended by UnityPoint Health dietitian Allie Bohlman. Many are rich in fiber or protein, which can make you feel full longer and support weight loss efforts. Remember, metabolism is just one piece of the [weight-loss](#) puzzle.

1. Fish & Shellfish

[Metabolism-Boosting Powers:](#) Fish (salmon, tuna, sardines and mackerel) are rich in omega-3 fatty acids and protein. Your body burns slightly more calories digesting protein than fat and carbohydrates.

Tip: [The American Heart Association](#) recommends people should eat fatty fish at least two times per week. Don't like the taste of fish? Take an [omega-3 fatty acid](#) (vegetarian-friendly) or fish oil supplement.

2. Legumes (Also known as beans)

[Metabolism-Boosting Powers:](#) Legume is a general term used to describe the seeds of plants that are in pods. They include high-protein black bean, chickpeas and kidney beans.

Tip: Add legumes in an easy and affordable way by putting canned beans on your shopping list. If you're keeping tabs on salt intake, look for the low-sodium labels. Try tossing beans in [salads, soup recipes or pasta](#) dishes.

[Read more...](#)