



NUTRITION NEWS

Metabolism Myths – True or False

Eating more protein will rev up your metabolism

TRUE. Protein provides a metabolic advantage compared with fat or carbohydrates because your body uses more energy to process it.

Hot foods will fire up metabolism

TRUE. Capsaicin, the bioactive compound that makes chile peppers exude heat, can turn your metabolism up a notch while also enhancing satiety and reducing hunger.

Eating a grapefruit before every meal speeds metabolism

FALSE. Grapefruit won't work miracles for your metabolism, but it can help you lose weight.

Lifting weights boost your metabolism more than a cardio workout

TRUE. When you strength-train enough to add 3 pounds of muscle, you increase your calorie burn by 6-8% - meaning that you burn about 100 extra calories every day.

Tea revs your natural burn

TRUE. Studies show that drinking two to four cups of green or oolong tea daily may translate into an extra 50 calories burned each day – about 5 pounds worth in a year.