

# Burn more calories

*(no workout required)*

It's not just *what* you eat but *how* that can help you lose weight.

Try these nutrition tips to boost your metabolism and you could drop 10 pounds—no sweat!

by DENISE SCHIPANI



## Rev up your metabolism with ...

### Healthy fats

Research has found that **eating fat for breakfast** turns on your fat-burning switch and helps your body use more calories all day long.

Try these foods in the A.M.:

- ▶ 2 eggs cooked in 1 Tbsp olive or canola oil
- ▶ 2 Tbsp peanut butter on whole-wheat toast
- ▶ Sliced avocado on English muffin with 1 slice of cheese



### Cold water

One study showed that drinking **two 8-oz glasses of water** increased metabolism by 30%—and cold water boosted the burn a bit more.

Sip a glass of water (or unsweetened iced tea, which will also give you a shot of caffeine) with each meal. For added flavor—and vitamin C—drop sliced lemon into a pitcher of water and let it sit overnight in the fridge before drinking.

### Whole grains

Research shows that your body uses more calories digesting **fresh foods**, like whole grains, versus the processed stuff.

Transition to whole grains by following the “half” rule. In pasta dishes, start out by using half whole-grain and half white. Mix your regular cereal with ½ cup of the high-fiber variety (at least 3 g per serving).



### Spices

**Ginger and cinnamon** raise your body temperature, so your metabolism speeds up slightly to cool it down.

Sprinkle 1 tsp **grated ginger** into oatmeal, smoothies and lemon-lime seltzer. Add a pinch of cinnamon to a bowl of butternut squash soup.

# SMART SWAPS TO FUEL YOUR SLIMDOWN

## Breakfast

**SWAP OUT** ▶ 1 cup blueberries

**SWAP IN** ▶ 1 cup sliced strawberries

A cup of strawberries has 130% of your daily dose of **vitamin C**—a nutrient your body needs to burn fat—whereas blueberries contain just about 20%.



## Lunch

**SWAP OUT** ▶ An 8" flour tortilla

**SWAP IN** ▶ A 6" corn tortilla

Opting for the corn version in tacos and quesadillas saves about 100 calories and delivers 100% whole grains, which take more energy to digest.

## Afternoon snack

**SWAP OUT** ▶ Hummus **SWAP IN** ▶ Greek yogurt dip

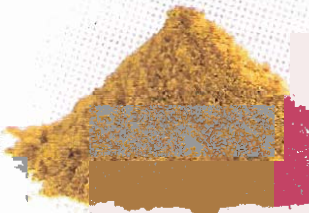
You burn more calories digesting **protein** than any other nutrient, and Greek yogurt has 11.5 g per ½ cup. Mix ½ cup plain Greek yogurt + ½ cucumber, grated + 1 Tbsp fresh lemon juice + 2 Tbsp chopped dill or mint.



## Dinner

**SWAP OUT** ▶ Soy sauce **SWAP IN** ▶ Curry powder

Curry contains curcumin, a compound that helps control hormones linked to weight gain. Try 1 to 2 Tbsp curry powder instead of soy sauce (which can cause bloating, too) in your next stir-fry.



## Dessert

**SWAP OUT** ▶ A fudge pop

**SWAP IN** ▶ 1 oz dark chocolate

A new study shows that people who ate more **dark chocolate** weighed less. The researchers suspect antioxidants in chocolate may boost metabolism.



## Fun ways to burn

200 calories

Shop at the mall  
60 minutes

Go bowling  
45 minutes

Hula-hoop

Play Ping-Pong  
35 minutes

100 calories

Ice skate  
15 minutes

Call a friend and stand while you talk  
45 minutes

Bathe your dog  
30 minutes

Dance  
15 minutes

**PEEL OFF POUNDS WITH A PILL?** Raspberry ketones are the latest supplement that promises to help you lose weight, but experts caution against ketones (compounds that give raspberries their sweet smell) for two reasons: 1. The supplements have much higher concentrations of ketones than raspberries do. 2. The only research showing their effectiveness has been done in mice. "These huge amounts are yet to be studied in humans and could cause side effects," says WD nutrition expert Joy Bauer, RD. So steer clear!

SOURCES: Molly Kimball, RD, nutritionist. Pamela Peeke, MD, author, *The Hunger Fix*. Jessica Smith, ACSM-certified trainer and author of *The Thin in 10 Weight-Loss Plan*.

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