



# 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.