Set your fat cells on fire with hot and spicy foods

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Many times you will find "cayenne" in the ingredients list of fat-burning products. Cayenne is the substance responsible for the hotness of spicy peppers. Scientists were able to measure in a test that a group of people, who, besides drinking coffee, also ate meals with hot peppers, burned up to 1,000 Kcal more than the group which ate the same food without hot peppers.

This higher burning of calories is based on the effect hot peppers have on our body in raising its temperature to help us burn more calories. This can be seen in the way people sweat when eating spicy foods.