NUTRITION QUESTIONS?

Ask the Dietitian

Q: What are some ways to speed up my metabolism?

A: Contrary to media claims, there are no magic superfoods that miraculously boost metabolism. While green tea and chili peppers temporarily elevate metabolic rates, this increase isn’t enough to offset eating too much or consuming an unbalanced diet. However, according to research from the Academy of Nutrition and Dietetics, there are ways that you can maximize your metabolism to its fullest potential:

- **Eat breakfast:** We all know eating breakfast is good for us. Beyond a better mood, eating breakfast can also help wake up your metabolism. While you sleep, your body burns calories. By the time you wake up, your body is hungry again. Sleeping puts our bodies into “fasting” mode. In the morning you need to “break” your “fast.” Eating within one to two hours of waking up is ideal and it doesn’t have to be a big meal. A piece of fruit, low-fat yogurt, or a slice of toast with peanut butter are all great options.

- **Build muscle:** Increasing your total muscle mass will boost your metabolism. Muscle burns more calories per hour than fat, so if you have more muscle mass you will burn more calories doing your daily activities.

- **Eat a balanced diet:** Make sure to eat a variety of foods, including fresh fruits and vegetables, which contain vitamins and minerals that support your metabolism. Your metabolism peaks in the middle of the day, so try to eat your biggest meal at lunchtime.

- **Don’t skip meals:** This will cause your body to return to “fasting” mode like it does when you sleep. Your body will think it is “starving” and will hold on to calories because it doesn’t know when your next meal will be. This slows your metabolism.

For more information on boosting your metabolism visit [www.eatright.org](http://www.eatright.org) and use keyword “boost metabolism.”


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