

Rev up your metabolism

Three foods that can help improve your metabolism

KUTTU

Rich in fibre and resistant starch, buckwheat/*kuttu* is a superfood of sorts. Our body burns up to 30 per cent more calories digesting fibre than it does eating other nutrients because roughage takes a long time to break down. Eating food rich in resistant starch helps accelerate fat burning. Our body doesn't digest or absorb this super nutrient, so it does not contribute to body fat.

How to consume: Make rotis, puris, dosas or pakoras from this versatile grain and its flour.

KULITH

The body burns more energy

processing dietary protein than it does carbohydrates or fats. The act of digesting protein therefore boosts your metabolism more than other nutrients. Horse gram

or *kulith* being one of the richest vegetarian sources of proteins, improves your metabolism.

How to consume: You can use it to make soup, veggie, curry, khichdi or pulao.

KAVAT

Wood-apple or kavat (Kotha in Gujarati, Kavath in Marathi) is one of the many incredible native and seasonal winter fruits that our country has. Not to be confused

with the north Indian bael fruit. They look similar, but are different from each other. Kavat acts as a diuretic and is a superfood for cleansing your kidneys. It also works as a great antacid and helps in neutralising body heat and heartburn. It is a rich source of vitamin C, a necessary nutrient to keep your metabolism humming. Research shows that low levels of vit C can slow your fat burn by as much as 25 per cent.

How to consume: ● Eat its pulp after mixing with sugar/jaggery ● Make aachar/chutney out of it. Mix the pulp with green chilli, jaggery and salt ● Scoop out the pulp from the wooden halves and soak in water to make a refreshing sherbet.

— *Munmun Ganeriwal,*
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