Is Caffeine a dieting aid?

Article 1:

According to <https://www.healthline.com/nutrition/coffee-increase-metabolism> , caffeine does promote a faster metabolism and helps metabolize fats from fat tissues, but how do we know this is true?

Caffeine works by blocking an inhibitory neurotransmitter called Adenosine. By the blocking of Adenosine, caffeine is able to release neurotransmitters. For example, dopamine and norepinephrine. The release of these neurotransmitters makes humans feel more awake and energized. Caffeine helps trick the human brain into thinking they have more energy than they really do. This helps with working out and staying active. Drinking coffee may improve activity performance by 11-12%.

Caffeine stimulates the nervous systems and sends direct signals to fat cells telling them to break down fat. The rate at which you burn calories is called resting metabolic rate (RMR). Caffeine can increase RMR by 3-11%. The higher your metabolic rate the easier it is to lose weight. Caffeine increased fat burning by as much as 29% in people who are already lean. This dieting aid will not work as well for people who are obese at only 10%.

In conclusion, drinking coffee may help burn fat and boots your metabolism for a while, but with constant use, you will become tolerant to coffee and the weight loss effects will slowly begin to wear off.

Article 2:

<https://www.mayoclinic.org/healthy-lifestyle/weight-loss/expert-answers/caffeine/faq-20058459>

As reported by Mayo Clinic’s Katherine Zeratsky, Caffeine may “slightly” help with weight loss. Caffeine is able help with short term weight loss, but not permanent weight loss. Caffeine may reduce feelings of hunger and your desire to eat for a brief time. This is just an effect from the caffeine.

Caffeine will also help with burning calories. Caffeine will increase energy use even when you are at rest. Caffeine stimulated thermogenesis, which is the process of heat production in organisms. It’s one of the ways your body generates heat and energy from digesting food.

The bottom line according to Katherine Zeratsky from Mayo Clinic, is: be cautious about using caffeine products to help with weight loss. When used in moderation (400 milligrams or less) by healthy adults, caffeine is generally safe. Too much caffeine may cause other effects like nervousness, insomnia, nausea, increased blood pressure and other problems that are not weight loss. Also, something else to keep in mind is that caffeinated beverages are often high in fats and calories. So if all you do is drink caffeinated sodas, Frappuccino’s and other fattening caffeinated drinks you may gain weight.