



# Eliminate Belly fat and Abdominal obesity



► **9. Replace some of your cooking fats with coconut oil.**

► **10. Performing resistance exercises (weightlifting)**

Resistance training, also known as weight training or strength training, contributes to maintaining and increasing muscle mass.

According to studies in diabetic people, type 2 diabetes, and fatty liver disease, resistance training may also help reduce belly fat.

► **11. Avoid sugary drinks with sugar.**

► **12. Get enough restful sleep.**

Studies show that people who do not get enough sleep become more obese may include belly fat.

► **13. Track your food and exercise.**

► **14. Eat fatty fish every week.**

Fatty fish are rich in high-quality protein and omega-3 fats that protect you against disease.

There is some evidence that these omega-3 fats can also help reduce visceral fat.

► **15. Stop drinking juice.**

Although fruit juices provide vitamins and minerals, they are as high in sugar as soft drinks and other sugary drinks.

► **16. Add apple cider vinegar to your diet.**

► **17. Take probiotic foods or probiotic supplements.**



Researchers have found that different types of bacteria play the role in weight regulation, and reaching the right balance can help you lose weight, including losing belly fat.

► **18. Try intermittent fasting.**

► **19. Drink green tea.**

► **20. Change your lifestyle and combine different methods.**

Just doing one of the things on this list will not have much effect on its own. A combination of different methods may lead to getting desired results.





Eliminate Belly fat

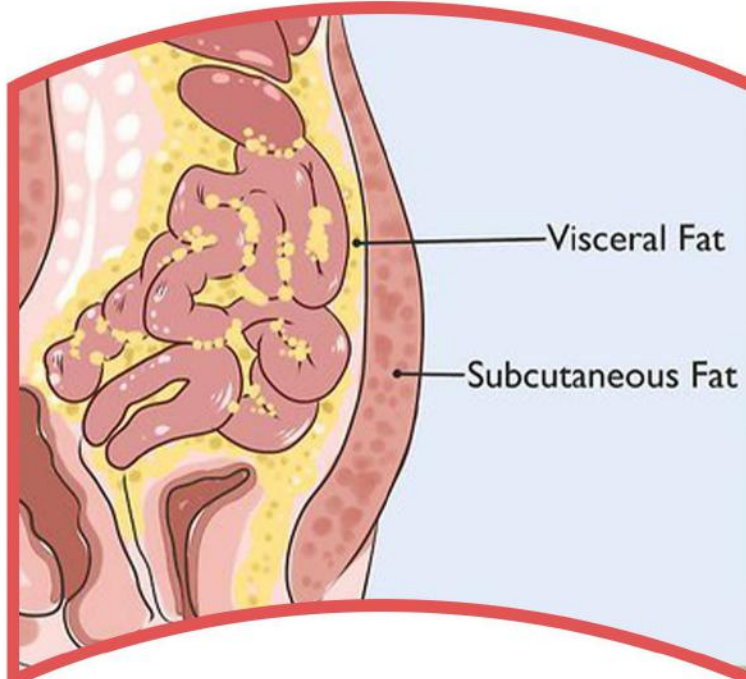


► **4. Have a high protein diet.**

Protein is an essential nutrient for weight management. Many observational studies show that people who eat more protein have less belly fat than people who eat a low-protein diet.

► **5. Reduce your stress levels.**

Stress can increase belly fat by stimulating the



Visceral Fat

Subcutaneous Fat

adrenal glands to produce cortisol, also known as the stress hormone. Research shows that high levels of

cortisol increase appetite and store belly fat.

► **6. Do not eat too many sweet foods.**

Observational studies show an association between high sugar intake and increased abdominal fat.

► **7. Do aerobic exercise (cardio).**

Aerobic exercise (cardio) is an effective way to improve health and burn calories. Studies also show that this is one of the most effective types of exercise to reduce belly fat.

► **8. Reduce your intake of carbohydrates, specifically refined carbohydrates.**

A type of belly fat called visceral fat is the risk factor for metabolic syndrome in type 2 diabetes, heart disease, and stroke.

► **1. Eat lots of soluble fiber.**

Soluble fibers absorb water and form a gel that helps slow down passing food through the digestive system. Studies show that these fibers help you lose weight by feeling you full, so they naturally consume less food.

► **2. Avoid foods that contain trans fats.**

To help reduce belly fat and protect your health, read the product label carefully and avoid products that contain trans fats. These are often known as semi-hydrogenated fats.

► **3. Do not drink too much alcohol.**

