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Best and Worst Flat Belly Foods

When you're trying to lose belly fat and bloat, nutrition is key !

Drinking enough water, eating fresh fruits and vegetables and healthy fats is a start but some foods are better than others. .

These foods will boost your metabolism, reduce bloat and giving your body important nutrients that stimulate weight loss.

BEST

Greek Yogurt (no added artificial sweeteners) -

Not only does it contain around 20g of protein per serving to keep you full and keep sugar cravings to a minimum, the probiotic bacteria in most yogurts help keep your digestive system healthy, which translates into a lower incidence of gas, bloating, and constipation, which helps keep the stomach flat

Eggs -

They are the number one source of choline which is a fat-burning nutrient. They fire up your metabolism and will help turn off the genes for belly fat storage.



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Broccoli, Brussels Sprouts, Asparagus, Peppers -

Loaded with fiber to keep you fuller longer and keep your digestive system running optimally.

Cucumbers -

Cucumbers contain the flavonoid antioxidant quercetin which reduces swelling and contain 96% water which can help prevent bloating.

Whole Grains Like Quinoa, Oatmeal and Popcorn -

Aside from being packed with fiber and nutrients to keep you fuller longer, they produce a decreased insulin response versus refined carbohydrates, making it easier for your body to mobilize fat stores for energy... and that includes belly fat.

Chick Peas, Lentils, Black Eyed Peas and Kidney Beans -

These are packed with protein and fiber, which keep you feeling fuller longer and keep your digestive system in good working order. They are also a good source of iron which. Iron deficiency has been linked to a slower metabolism.

Fennel -

Fennel has been shown to improve digestion, relieve GI spasms, and reduce bloat.



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Monounsaturated Fats like Olive Oil, Avocados and Nuts -

Not only do nuts and avocados contain fiber to keep you fuller longer, new research indicates that a diet high in monounsaturated fats can help reduce belly fat, without even changing caloric intake or adding in additional exercise.

Raspberries, Black Berries and Blueberries -

They are rich in vitamins and anti Oxidents which decrease inflammation which has been linked to increased abdominal fat storage.

WORST:

Carbonated beverages like Soda or Energy Drinks -

They fill your bellies with air, causing it to look distended and bloated and can cause irritation which also leads to bloating.

Refined carbs like white flour, rice and bread

They get digested quickly which causes spikes in insulin and blood sugar levels. This can promote increased fat storage in the abdominal area.

Sodium/MSG

Sodium will cause you to retain water which contributes to belly bloat.



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Sugar Alcohols Like Sorbitol, Mannitol, Xylitol, and Lactitol

Our bodies don't completely digest these low-cal sweeteners. Bacteria in the large intestine ferment them, causing gas and even diarrhea.

Alcohol –

It can actually tell your body to STORE fat because the enzymes used to metabolize alcohol are concentrated in your abdominal region, where they convert those calories into fat. Also, alcohol is a diuretic which leads to dehydration. Dehydration causes your body to retain water as a conservation effort. When you retain water, your belly becomes bloated along with the rest of your body.

Wheat and other gluten rich foods –

I could write an entire book on this subject (and many people have) but to put it simply, the proteins in wheat are irritants to your stomach ... irritants create inflammation (bloat).

I hope you found this helpful. If you have any questions, don't hesitate to reach out to me. In fact, hearing from our community is one of the best parts of my day so, I've made it really simple to do so.

Email me Dianne@mypersonalfitnesscoach.com , give me a call 727-742-0816 or join us in our free facebook community Transform St Pete. Request to join [HERE](https://www.facebook.com/groups/545383348981112/)
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Committed To Your Success & Awesomeness, Dianne