



FAB BITS-N-TIPS – WEEK OF 26 FEBRUARY 2012

Foods That Burn Belly Fat

Many people assume that foods that burn belly fat are a myth or some unnatural chemical creation they do not want in their body. But the truth is that these foods really do exist. Eat the right food, and your body will actually burn more calories than it takes in.

Following are some of the best tasting fat fighting foods. And even better, you can find them at your local grocery store!

Tip 1 – Citrus & Ginger

Many of our mothers made us drink Orange Juice when we started getting the sniffles to help fight off a cold. Vitamin C is well known for its benefits at boosting the immune system, but it has another benefit as well. It can burn belly fat.

There are two important ways in which Vitamin C helps boost the way your body burns fat. The first is the way metabolism breaks down fat. Another is the way the body goes about storing fat. Citric acid helps to break apart fat molecules, meaning they will be flushed out of your system rather than stored in your belly or other areas.

Citrus fruits are among the top foods to eat for fat burning due to their high Vitamin C concentration. To help fight the bulge, start incorporating citrus into your diet. It's ideal to eat the whole fruit, like an orange or tangerine, because you also get the benefit of fiber – another known fat fighter. If fruit isn't your thing you can eat tomatoes which are also high in Vitamin C.

Along with Citrus and Vitamin C, ginger is another well known belly fat burner. It improves circulation in the body by opening up blood vessels. This results in a significant boost to your metabolism, which in turn will result in more fat burning than fat creation. Some studies even suggest that you can lose up to 20% of your belly fat by eating ginger over those who do not.

Tip 2 – Oatmeal and Whole Grains

We all know that starting the day off with breakfast is vital to losing fat and staying fit. Oatmeal does even better because of its high fiber and low sugar. This essentially stabilizes your body, in particular the blood glucose levels, so you do not fatigue early. Also, because oatmeal is so thick and satisfying, you won't be prone to sneaking a snack early. Add non fat milk for more belly fat burning boost.

Oatmeal also gives a nice boost to energy to get you awake faster due to the carbs in it. While you may worry about carbs, don't. These are complex, not simple, and take awhile to digest. This results in keeping your energy levels up and your appetite down for hours.

Nuts & Beans

For nutritious foods that taste great and burn belly fat, nuts and beans are where it is at. These contain a lot of fiber to help get your metabolism going and keep you feeling full longer. They also come packed with proteins, unlike oatmeal, which are important for your muscles and for belly fat burning.

Tip 4 – Extra Virgin Olive Oil

Olive oil has been around for a long time, and for good cause. It is known by doctors to have many heart health benefits. Olive oil has what is called "good cholesterol", HDL, which push the bad cholesterol out of your system. Substitute olive oil for butter or margarine, if you use those, and start seeing a difference in your cholesterol levels. Not only that, it helps give a nice little boost to your metabolism in much the same way oatmeal, nuts, and grains do.

Add some cardio or exercise to your diet of fat burning foods and you will find yourself looks weight and looking great soon!

Source: <http://www.womenlosebellyfat.com>