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## Diet chart for belly fat loss female

How to lose stomach fat is no easy assignment. It doesn't matter how many crunches you do or how many minutes you spend planking each week. These exercises won't do any harm, but they can't guarantee a flat-as-a-pancake paunch. Believe us we've put it to the test. What's even more annoying is that the smart-arse who came up with the "abs were made in the kitchen" quip actually knew what they were talking about. Diet really does make a difference. "Dieting" as in "to diet," on the other hand, does not. "Anything that bans your favorite foods, unnecessarily cuts out food groups or is so low in calories it leaves you feeling hungry means you're likely to slip into your bad eating habits," says Helen Bond, an expert diettitian at The Harley Medical Group. "There is a lot of 'nutri-babble' out there, and the only thing that will help you achieve a slimmer belly in the long term is a sustainable food plan that includes a rich variety of natural whole foods and less processed foods, in appropriate sizes and moderation." Girlfriend Collective Before we launch into "project food plan," it's worth mentioning that your genetics plays a part too. As humans, fat naturally accumulates around the tummy, as this is where your vital organs are, so your body wants to keep them protected. How very thoughtful. As women, it's also key to have enough meat on your midriff when you're in the market for baby-making, so there's a hormonal side to your stomach size too. And then there's our old friend stress. If you're anxious or exhausted, your body starts producing more cortisol, which in turn directs its attention away from fat burning as it's too busy kicking into fight-or-flight mode. But back to our favorite thing: the food and the stuff you can control. From what you eat, when you eat it to how you eat, just by tweaking a few of your daily habits you might find your silhouette starts looking a little more slender. Read on to discover how you can still get your fill without the fatty side effects. @playfulcooking Okay, so refined carbs aren't great as they spike your blood sugar levels but fiber-some whole-grain sources like brown rice, quinoa, couscous, and oats can actually help you lose fat from around the middle. That's because they're full of gut-healthy fiber and B vitamins, which means they release their energy slowly and keep blood sugar levels steady (so you're less likely to reach for the 3 p.m. Haribo hit). A study by Obesity also found that people who upped their daily intake of soluble fiber from said carbs reduced their belly fat over a period of time. Ideally, you should be looking at around 25 grams per day, so get chowing down on those sweet potatoes and root veg. Berries and apples are also a good shout if you're craving something sweeter. Yes, we just called it out in carbs, but quinoa isn't earmarked as a super grain for no reason. As well as being a complete protein, it contains the amino acid lysine, which helps burn fat, along with betaine, a chemical that puts your metabolism into turbocharge mode and shuts down the genes that make belly fat linger. According to nutritionist and author of "The Food Effect Diet" (Amazon \$14), Dr. Michelle Braude, lean proteins like eggs, fish, pulses, cottage cheese, chicken, and turkey breast not only prevent hunger, they regulate cortisol levels and—for an extra gold star—build muscles while burning fat. "These foods strengthen your immune system and muscles and the more muscle you have the more energy you burn," she says, which is good news for your stubborn middle zones. Hello Glow If you've ever tried to give up sugar (which likes to store itself around your middle), you might have read about chromium—a natural supplement that helps control blood sugar levels and curb the cravings. The good news is you can add it to your plate easily in the form of broccoli and dark green veg. Make cavolo nero and kale your mealtime mates as well. Bond reveals that those who have high levels of vitamin C burn 30% more fat when they exercise, so fill your face with oranges, grapefruit, red pepper, and kiwi before you start lifting your weights, and your abs might start to appear sooner rather than later. Rich in antioxidants but also polyphenols (compounds that stop fat forming), blueberries can actually reduce fat and keep the tummy trim. In lab tests, rats who were fed blueberry powder not only lost belly fat but had lower cholesterol, even when they were eating a high-fat diet. The same study from the University of Michigan also found that rats consuming red cherries burnt 9% more belly fat than those that didn't. Food Faith Fitness In the whole form or ground down into nut buttery goodness, nuts are those good fats you want to be indulging in. Saturated fats activate abdominal fat storage, but polyunsaturated fats full of omegas will leave you feeling satisfied, reduce cravings, and keep your fat ticking over rather than stagnating around your stomach. Need convincing? As part of a nut study by the American Society of Nutrition, it was found that a 28-gram helping of almonds every day reduced belly fat and waist measurements A natural diuretic, fennel can help get rid of excess water and bloat resulting in a flatter stomach. Grate it onto salads, blitz into soups, or sip on a fennel tea two to three times a day. Green tea has a similar effect says Bond, plus it also contains an antioxidant called EGCG, which helps boost your metabolism and prompt your body into using its fat reserves. Bragg's Apple Cider Vinegar \$9 Shop Another well-documented digestion aid that's also good for de-bloating, while ACV won't get rid of fat, it will certainly help flatten your belly area. Try adding some to a mug of hot water in the morning and your stomach will be better prepared to digest the food you're about to fill it with after. And properly functioning insides means they're less likely to hold onto fat. It doesn't count as food, but we thought you might want to know this. First off, we're not talking a lot; alcohol is metabolized differently to food and actually shuts down the digestive process, but some findings in the Journal of Nutrition found that people who didn't drink at all had more belly fat than those that indulged in a glass every day. If you are taking us up on it, stick to red wine and white spirits and avoid the fizzy mixers. The latter will be full of sugar and instantly bloat, neither of which make for abs of steel. When you're eating, eat, don't drink. "Too much liquid at mealtimes can interfere with digestion," explains Anastasia Smith, Nutritionist at Lomax, a bespoke fitness center in London. "The concentration of hydrochloric acid in your stomach is essential for the initial stage of digestion such as the breakdown of foods, the release of intrinsic factors that absorb B12 (an essential nutrient), and for killing off bacteria." Drinking too much dilutes everything including the power we gain from food to fight fat. Plus it could leave you bloated and bulging too. Bond also recommends a probiotic supplement. "If our microbiome doesn't contain enough friendly species of bacteria, we may extract more calories from the foods we do eat," she warns. Then of course there's the exercise. For abs satisfaction, Adam Hewitt, trainer at Ten Health & Fitness that specializes in Pilates, recommends steady-state exercise working at 70% of your heart rate max for 30 minutes, combined with some Superman and dead bug exercises. "For the Superman, kneel on your hands and knees and engage your lower abdominals. Raise and straighten your right arm and left leg, hold for 10 seconds and then swap sides. Once you've strengthened your abs and found your balance, flip over and do the same sequence but lying on your back with legs in a table-top position." Want more? We've discovered loads of other moves that will give you belly burn (in a good way). Byrdie takes every opportunity to use high-quality sources, including peer-reviewed studies, to support the facts within our articles. Read our editorial guidelines to learn more about how we keep our content accurate, reliable and trustworthy. Schleinitz D, Böttcher Y, Blüher M, Kovacs P. 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Foeniculum vulgare Mill: A Review of Its Botany, Phytochemistry, Pharmacology, Contemporary Application, and Toxicology. *Biomed Res Int*. 2014;2014:842674. doi:10.1155/2014/842674 Dorn JM, Hovey K, Muti P, et al. Alcohol Drinking Patterns Differentially Affect Central Adiposity as Measured by Abdominal Height in Women and Men. *The Journal of Nutrition*. 2003;133(8):2655-2662. doi:10.1093/jn/133.8.2655 You don't have to eat a bag of Grandma's prunes. Leafy greens, whole grains, nuts, and beans are all good for keeping away the fat that stays deep in your belly. That's called visceral fat, and it's the most dangerous kind because it can wrap around major organs, including your liver, pancreas, and kidneys. There are no "super foods" that burn off visceral fat. And you can't tone it away with specific moves like crunches. Instead, look for ways to upgrade your eating habits and add activity every day. Think about your average week. Where might you be able to make some changes? While anyone can have too much visceral fat, it's more likely if you've got a lot of weight to lose. As you start to take those pounds off, it will help your whole body, including belly fat that's hidden out of your sight. You can still have some! But limit the "saturated" kind that's in animal foods, coconut and palm oils, and full-fat dairy. Keep the portions of those foods smaller than you might normally do, for instance. And check nutrition labels to see how many calories and how much fat is in a serving. Look for fats that are better for you, too, like those from plant foods or fish such as salmon, tuna, and mackerel that are rich in omega-3s. Still trying to "burn off" that belly fat by pounding the pavement for hour upon hour? Research shows that a few quick bursts of high-intensity exercise -- such as a 30-second sprint or intense pullup set -- may be more effective, and easier to fit into your schedule. You can add bursts of higher intensity to any workout. Just speed up or work harder for a brief time, then drop back to a more mellow pace, and repeat. When it comes to weight gain, shut-eye is a bit like porridge: Too little -- less than 5 hours -- may mean more belly fat. But too much -- more than 8 hours -- can do that, too. "Just right" seems to be around 6-8 hours. If you don't sleep that much now, or if you tend to toss and turn, try to go to bed a little earlier, relax before bedtime, keep your bedroom cool, and try not to text and email right before you turn in. Sorry, but cosmetic surgery isn't the solution here. Liposuction doesn't reach inside the abdominal wall. So it can't get rid of visceral belly fat. Likewise, crash diets aren't the solution, either. You're too likely to go off them. The slower, steadier option -- lifestyle changes that you can commit to for a long time -- really is the best bet. Are you stressed out? That can make you eat more fat and sugar, and unleash the "stress hormone" cortisol, which can boost belly fat. Stress also can make you sleep less, exercise less, and drink more alcohol -- which can add belly fat, too. It's a great reason to take up meditation, work out, listen to your own voice, or find other healthy ways to unwind and relax. Whether it's a latte, a regular soda, a mug of beer, or a glass of wine, it's got calories. And when you're trying to unwind the numbers on the scale, water (or a smaller glass of your favorite beverage) might be a better choice. If you drink alcohol, remember that it just might make you throw your willpower out the window when you order your meal, too. As if you need another reason to quit. Smoking makes you more likely to store fat in your belly, rather than your hips and thighs. And that's bad. Oh, and it's also a cause of diabetes. And cancer. And heart disease. And lung disease. And ... you get the idea. If you've tried before, try again. Tell your doctor, so you can get pointers on what might help you quit for good. One company's size 14 could be another's size 12. A better method is to measure your waist. If you're a woman, you want that number to be 35 inches or less. Men get up to 40 inches. The reason? You may lower your chance of having a heart attack, a stroke, or possibly certain types of cancer. A tape measure can't check on visceral fat. But along with the scale, it can help you track your weight loss. Think about hitting the gym instead of the trail. In one study, healthy middle-aged men who did 20 minutes of daily weight training gained less abdominal fat than men who spent the same time doing aerobic exercises, such as biking. Strength training is also good for women -- and it won't make you bulky. You still need to do some cardio, but make sure strength training is in the mix. 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"Sleep duration and five-year abdominal fat accumulation in a minority cohort: the IRAS family study." "Do stress reactions cause abdominal obesity and comorbidities?" "Stress-induced cortisol response and fat distribution in women." "A lower-carbohydrate, higher-fat diet reduces abdominal and intermuscular fat and increases insulin sensitivity in adults at risk of type 2 diabetes." This tool does not provide medical advice. See additional information. THIS TOOL DOES NOT PROVIDE MEDICAL ADVICE. It is intended for general informational purposes only and does not address individual circumstances. It is not a substitute for professional medical advice, diagnosis or treatment and should not be relied on to make decisions about your health. Never ignore professional medical advice in seeking treatment because of something you have read on the eMedicineHealth Site. If you think you may have a medical emergency, immediately call your doctor or dial 911.

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