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For Great Tips on losing belly fat. Check this out:

<http://tinyurl.com/7hp6co9>

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We all know that having a flatter belly or "six-pack abs" is something we dream of. As we get older it can be more difficult to get rid of belly fat, as at some point in our lives we have either been pregnant, indulged in too much food or enjoy one too many beers. So what is the best way to lose excess fat from your waistline? Can we assume it is as easy as altering the foods in our diet, or by carrying out certain exercises?

It does not matter how strict we are when dieting because it is a known fact that we can never really lose weight unless we adapt the right attitude, as well as supportive attitude from friends and relatives.

Is there a simple answer on how to lose belly fat? Well believe it or not there is no secret formula, type of exercise or specific type of food that targets belly fat. Believe it or not but the first fat we lose when dieting is belly fat.

It does not matter if you are "pear-shaped" with some belly fat or any other shape come to think of it, you are most likely to lose weight from your belly than any other part of the body as this is the most common area for the body to store excess fat.

Research has found that around Ninety-nine percent of people dieting will lose weight around the mid section as regards to other areas of the body.

So how can that be? Body fat that is tucked deep inside the waistline or "Visceral fat" becomes more active, and so becomes a lot easier to lose than fat under the skin or "Subcutaneous fat" especially if you have a lot of it.

Those of us who are largely overweight would therefore see faster results in the belly area as regard to someone who has less belly fat in the same area. A recent study has shown that whole grains added to a calorie controlled diet helped remove belly fat from those classed as "obese".

A survey was carried out recently by a group of overweight people who ate whole grains (as well as fruits, vegetables, low-fat dairy products, and lean meat such as fish, poultry or meat) and it was found that they lost a considerable amount of belly fat simply by excluding refined grains from their diet.

It becomes easier to mobilize stored fat in the belly area simply by adding whole grains to your diet as they reduce glucose and insulin levels. As refined foods such as white bread are consumed it causes the blood sugar level to elevate followed by an increase in insulin which in turn allows fat to be stored more easily. A diet rich in whole grains can help improve insulin sensitivity. So this can help the body dramatically as it lowers blood glucose levels therefore reducing fat stores.

By eating whole grains instead of refined grains can help as they are higher in fibre and also help satisfy hunger for longer periods.

Therefore it is possible to lose weight on a 1,600 calorie per day diet. Choosing the right fats when dieting is especially important as these help reduce belly fat, for example monounsaturated fats can be found in such foods as nuts, seeds, olives, avocados and soybeans, all which have proven health benefits including reducing the risk of heart disease.

However these foods do not necessarily target belly fat. It must be noted that monounsaturated fats are still fats, as much as nine calories per gram whereas protein and carbohydrates have only four calories per gram.

Do not be mistaken in understanding that by doing hundreds of abdominal crunches everyday will certainly flatten your belly. For those who do not have excess belly fat it would become easier to look thinner and more defined as the amount of belly fat is far less than those carrying "love handles".

So why is it so important to lose belly fat? By having those few extra pounds around your waistline can be a serious business. Excess fat in the belly area is far more dangerous than fat around the thighs and hips due to the fact that visceral fat is far worse health-wise than subcutaneous fat which is found under the skin.

It has been found that the size of waistline, hidden fat and status of weight is a good measure of health.

To see how much of a risk you feel you might be in simply use a soft tape measure Wrap it around your natural waistline, slightly above the hips Then take a measurement around the abdominal area without holding your stomach in or holding your breath.

If you find the measurement is over 40 inches(for men) or 35 inches(for women) then you could be at risk from heart disease or other health related problems. So the healthiest option would be to lose weight.

So what have we learned about belly fat?

Scientific evidence has proved that, by following a calorie-controlled diet rich in whole grains, nuts, seeds, low-fat dairy products, vegetables, fruits, eggs, and lean meat such as meat, chicken and tuna is the basis for a healthier lifestyle and also help in the aid to lose belly fat.

In conclusion the only true way to lose belly fat is to implement a good calorie-controlled diet and an exercise program that lasts at least one hour per day.

For more tips on how to lose belly fat, showing what Rob believes are the best diets for belly fat, and weight loss in general. Furthermore, these websites have testimonials proving their strategies really do work. For more information, visit.... <http://bestdietsforbellyfat.com>

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