

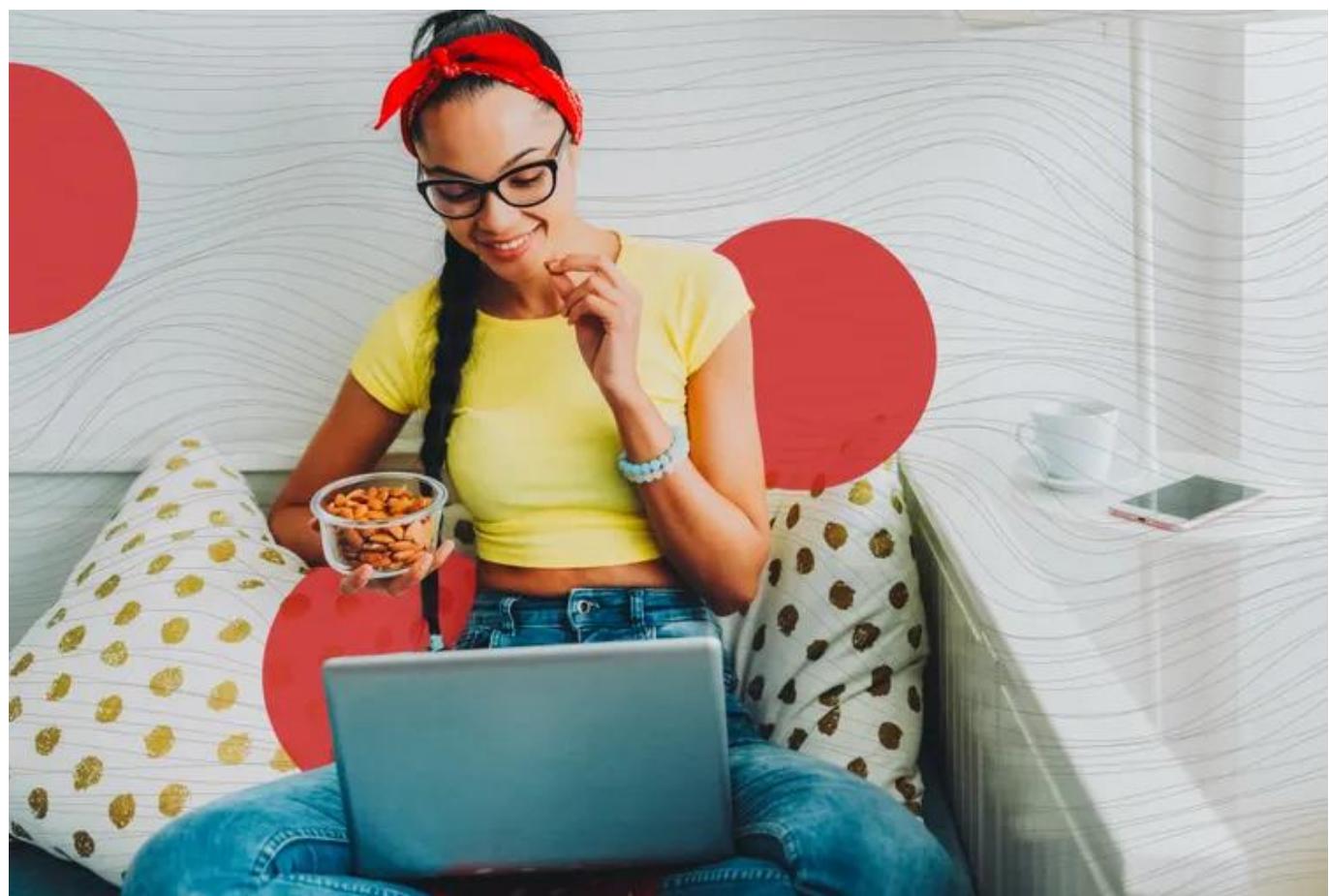
Almonds were called the best nut to reduce fat on the stomach

Excess fat on the abdomen is really dangerous to health. It is associated with a higher risk of developing cardiovascular diseases, type 2 diabetes and other chronic ailments. It can help in this almond eating.

This is how almonds will help you get rid of fat in the abdomen.

Gives a feeling of satiety. This is largely due to the fact that the almond has a lot of fiber, protein and fat. Each of these nutrients is important for slowing digestion, giving the brain to the satiety. 28 g of almonds account for about 6 g and 3 g of fiber.

Supports insulin sensitivity and stable blood sugar level. The use of almonds has a positive effect on glucose metabolism. There is also a lot of magnesium in this nut that is involved in the processing of glucose and insulin. Fiber and fats in the almond slow down digestion, reduce insulin emissions.



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Contains fat, but it is not absorbed. A review of the scientific literature of 2023 showed that the number of calories actually assimilated and used by the body in a whole almond by about 20-25% less than indicated on labels.

Reduces inflammation and oxidative stress. There are antioxidants in the almond that have anti -inflammatory properties. They help neutralize free radicals that can damage cells and contributing to the development of chronic inflammation.

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