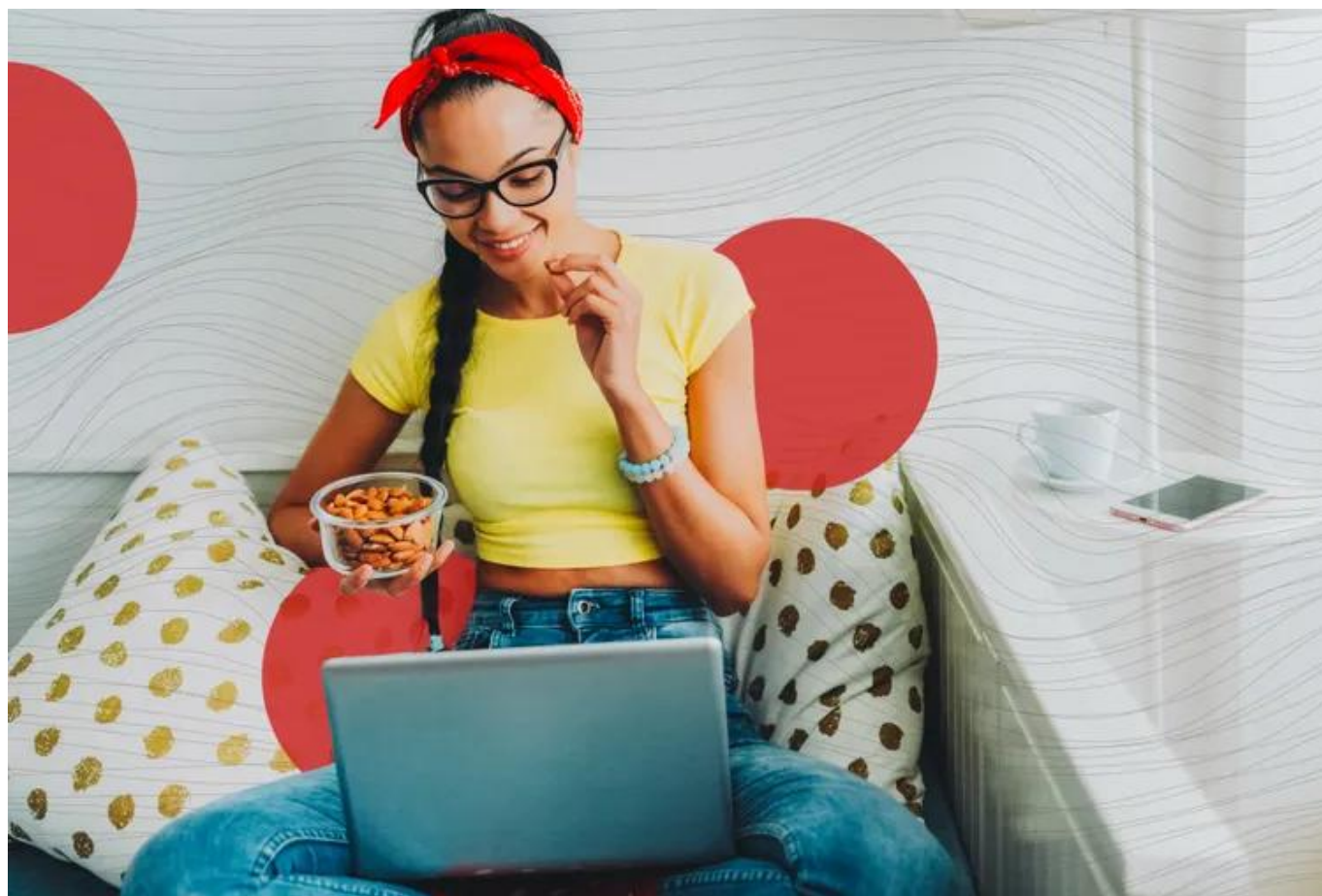


Excess fat on the abdomen is really dangerous to health. It is associated with a higher risk of developing cardiovascular diseases, type 2 diabetes and other chronic ailments. It can help in this almond eating.

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.



Getty images. Evewell Design

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

**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.

***News -in -law materials cannot be equated to the doctor's prescription. Before making a decision, consult a specialist.***