

To reduce the amount of fat on the abdomen, it is important to eat products rich in substances and combine them with a diet containing many whole products, as well as with physical exercises. Do not forget about the water. Sidney Navarro, a registered nutritionist and a certified personal coach Life Time La Jolla (California), listed the best types of food for burning fat.

Avocado. It is richly useful for the heart with mono -saturated fats and fiber, reduces inflammation, regulates the level of glucose in the blood, saturates well, prevents overeating.

Salmon. This is a great source of protein and omega-3 fatty acids. Thanks to the salmon, you will reduce inflammation, you will keep hormones that affect the accumulation of fat under control.

Berries. They have many antioxidants, fiber, vitamins. The berries also have a low glycemic index, they reduce inflammation and oxidative stress.

Swan. This whole grain contains all essential amino acids, helps regulate appetite.

Avocado and not only: these products will save from fat on the stomach in just a month



SHUTTERSTOCK

Leaf greens. It includes spinach, arugula, curly cabbage. There are few kilocalories in leaf greens, but a lot of fiber and nutrients.

Chia seeds. These seeds are rich in omega-3 and fiber. Due to this, they saturate well.

Low -fat cottage cheese. He is rich in casein, which is slowly digested and helps to maintain a feeling of satiety longer.

Green tea. It contains caffeine and catechins. These substances accelerate metabolism and contribute to the oxidation of fats.

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