

Exercise, of course, is important for maintaining dry muscle mass, strength and tone. However, a good sleep also plays an important role in this every night, stress level control and proper nutrition. These are the types of products recommend experts to reduce fat on their hands.

**Nekrahmalic vegetables.** They are low -calorie and contain a lot of fiber and antioxidants that help control blood sugar, improve intestinal health, reduce inflammation, provide the body with vitamins and minerals. Add one portion of necrane vegetables to each meal. These include greens, zucchini, bell pepper, mushrooms, tomatoes, celery, etc.

**Eggs.** These products contain amino acids that retain muscle mass, burn fat during training. This was said by three hundred Best, a public health master, a certified nutritionist and a certified nutritionist, the author of The Candida Diet diet.

**Fish.** It is best to eat it at least twice a week. There are a lot of protein, beneficial fats and vitamin D in the fish. To accelerate metabolism, focus on regular eating, rich in protein, dietary fiber and probiotics.

**Quinoa.** This full -fledged vegetable protein contains all essential amino acids. It is also complex carbohydrate.



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**Acute food.** Scientists note that capsaicin in acute foods slightly accelerates the metabolism, enhancing heat production in the body. You can try fried halapeno, fresh or ground ginger.

**Almond.** It has a lot of protein and beneficial fats that maintain energy level, allowing you to train effectively.

**Fruits.** They contain (especially whole fruits) a lot of fiber, antioxidants, vitamins and minerals that contribute to weight loss. Instead of a glass of orange juice, it is better to eat a whole orange, and it will also be useful to include berries in the daily diet: they are rich in antioxidants.

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