

A decrease in visceral fat (one that envelops internal organs and is not visible outside) is a completely real process. But for this you need to review your lifestyle and gradually change. This is what the nutrition experts recommend concentrating on.

Eat more anti -inflammatory products. If you have a lot of fat in the body, then inflammation may occur. The accumulation of visceral fat is also facilitated by products such as refined carbohydrates, treated meat and food with added sugar. Focus on fiber -rich fruits, vegetables, whole grain products, beans, legumes, seafood, low -fat dairy products, eggs, nuts and seeds. This will be the first steps in the fight against visceral fat.

Use a lot of protein. Studies show that eating products with high protein products helps to increase muscle mass and reduces the fat layer.

Focus on the fiber. Numerous scientific studies demonstrate that there is a connection between fiber consumption and a decrease in fat level.



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Often ask. According to the results of one scientific work, breakfast, lunch and dinner at the same time can lead to weight loss. Scientists also concluded that the consumption of the same calorie at the same time help to lose weight daily.

Play sports regularly. To reduce fat deposits, you need to combine cardio and strength exercises. Strive to devote at least 30 minutes a day to training.

Pay attention to other lifestyle factors. With a decrease in the amount of visceral fat and fat in the body as a whole, a decrease in stress levels, improving the quality of sleep, reduction in alcohol consumption and rejection of smoking (or waging) are associated.

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