

## Spinach and other vegetables that will save you from dangerous fat on your stomach

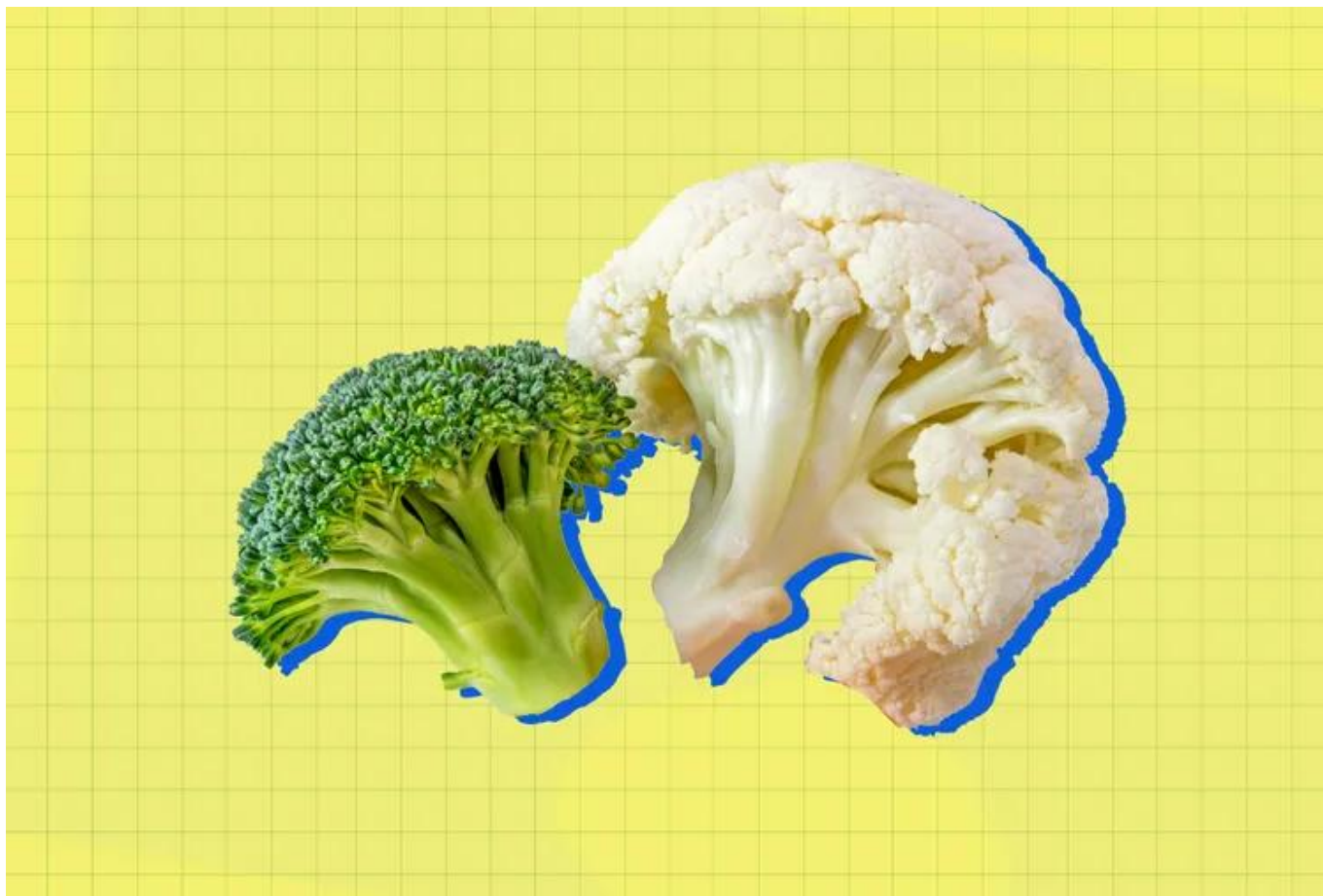
Visceral fat is deep in the abdominal cavity and surrounds the liver and intestines. Unlike the subcutaneous, it is not visible and causes many health problems: heart disease, type 2 diabetes, cancer. These are the products help to reduce it.

**Spinach.** It contains many carotenoids - substances that help fight inflammation and can affect the accumulation of fat. Studies show that the higher level of these blood serum compounds is associated with a lower level of visceral fat. At the same time, there are few kilocalories in the spinach and a large amount of fiber, which saturates well.

**Cauliflower.** Moving helps transform glucosinolates in its composition to sulforafan. This substance is associated with a decrease in the level of inflammation, an increase in sensitivity to insulin. These factors are protected from the accumulation of visceral fat. If you do not like cauliflower, then try broccoli.

**Brussels sprouts.** Thanks to the combination of sulforatan and carotenoids, it is doubly useful for the fight against visceral fat. In addition, one cup of raw Brussels cabbage contains 3 g of fiber and less than 40 kcal.

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**Artichoke.** This is one of the richest of fiber vegetables, according to Melissa Mitri, the master of science and nutritionist. Due to this, you will be better off and consume less calories as a whole.

**Red cabbage.** It contains a large number of antioxidants of anthocyanins, which can help in burning fat. One study showed that people who ate most of all products rich in anthocyanins had less visceral fat than those who consumed few such foods.

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