

## What Are The Best Diets To Loose Belly Fat

Having Excess belly fat can negatively affect health and may cause several health problems. Finding what is best for you when it comes to fitness should be one of a major goal of your life.

While loosing weight or belly fat, one should be very careful about balance diet which include all food groups. First of all, take white meat in your meal like Chicken and Fish, stir fried or boil form which is a great source of protein and they are low in fat.

All vegetables Carrot, Cucumber, Cabbage etc. including green leafy vegetables, salad leaves are rich in Vitamins, minerals and can help you loose weight easily .You can make salad with some flavor in it to make it more tasty.

Moreover, reducing Carbohydrates i.e wheat based food like chapatti. Flour based food pasta,bakery items pastry, muffins,biscuits and replace it with Cereals of Oats and barley are fiber rich food and low in fat too. We should avoid rice too or taken in a small quantity per day.

Taking boiled eggs which is obviously with no frying is also a healthier option If you are willing to reduce your belly fat and can help you feel full for long time.

When losing weight, taking Nuts and increasing fruits intake with its fiber can help you maintain fat in a longer run and seeds you should consume seeds e.g chia seeds, Sunflower seeds regularly as they are healthy .

In addition, Apple Cider Vinegar, diluted in water would be beneficial which have other health benefits too. As well as green tea and herbal teas boosts the burning of fat. Lemon tea can also help you lose fat, especially harmful abdominal fat.

Milk and yogurt which is a major source of Calcium if taken "low fat".Consuming more milk and yogurt keeps us healthy and fit.Studies has shown that calcium not only good for our bones but also helps us to burn fat.

Incorporate soups in your diet like vegetable soup, lentil and chicken or prawn soup. Cereals like oat and barley are fiber rich food and low in fat too. chick peas and beans helps people manage obesity and loose weight.

Increasing fruits intake with its fiber can help you maintain weight in a longer run, low in calories and loaded with all the vitamins.Even though it has carbs(which is easily digestible) and natural sugar which is not bad for our body.

We should overcome our habit of having junk food and snacks which have lot of bad fat and sugar in it. If we consume more and more oily food we should also have to do workouts which of a solution of many health related problems specially fat loss.

And last but not the least drink plenty of water, which flush out toxins from our body and make digestion process more easier. Trying to manage your sleep and stress also plays the major role in reducing fat.