

## **LEARN HOW TO REDUCE BELLY FAT FAST AND HOW TO LOSE BELLY FAT NATURALLY – [how to lose belly fat in a week][ how to reduce lower belly fat]**

Updated: March 20, 2021

Reviewed By:Kevin

Are you looking for a way to reduce belly fat fast? Today you will learn how to lose belly fat naturally. With this proven product you can lose those un-wanted fat in a week. Click the image below to access the [Okinawa Flat Belly Tonic website](#) to lose those belly fat today



There are a lot of misconceptions—and even myths—surrounding belly fat and how to banish it. And, when you really think about it, there are two different factors contributing to the protruding stomach you see when you stand sideways in front of your mirror: bloating and actual body fat. Bloating can be caused by water retention, digestive distress, overeating, etc., while true belly fat is energy storage for the body. Most of us want to banish both, and have dreams of a flat, toned stomach. And it's not just for vanity—bloating is uncomfortable and excessive abdominal fat can be unhealthy, particularly if it's visceral fat, the kind that surrounds our organs.

But, what we often envision in the rulebook for de-bloating and flattening the stomach involves strict diets and grueling fitness regimens that tire us out (even just thinking about them). Even when we work up the courage to take on these belly-fat-burning strategies, our stamina and patience easily wane—long before we ever see the results we desire. For the most part, these routines are incredibly difficult to stick to with a nine-to-five schedule, and, let's face it, fitness

and nutrition should never be about punishing yourself. That's why we reached out to three experts—a physician, a nutritionist, and a dietician—to weigh in with their top habits that us regular people (who don't work out and eat right for a living) can stick to in order to help fix belly bloat and lose abdominal fat.

**Keep scrolling for 20 expert tips and advice on how to banish belly fat and flatten your stomach all without doing sit-ups.**

# 6 Simple Ways to Lose Belly Fat, Based on Science

We include products we think are useful for our readers. If you buy through links on this page, we may earn a small commission. [Here's our process.](#)

Losing abdominal fat, or belly fat, is a common weight loss goal.

Abdominal fat is a particularly harmful type. Research suggests strong links with diseases like type 2 diabetes and heart disease .

For this reason, losing this fat can have significant benefits for your health and well-being.

You can measure your abdominal fat by measuring the circumference around your waist with a tape measure. Measures of above 40 inches (102 cm) in men and 35 inches (88 cm) in women are known as abdominal obesity .

Certain weight loss strategies can target the fat in the belly area more than other areas of the body.

Here are 6 evidence-based ways to lose belly fat.

## Causes of Belly Fat:

Contrary to popular belief, people with a normal body mass index(BMI), but having excess belly fat, also face increased risk of the above health problems. Here are a few potential reasons for the accumulation of excessive belly fat:

- **Sugary food and beverages:** Studies have shown a link between high sugar intake and excess belly fat. This is mainly due to the extra refined sugar added during processing. While excess sugar in any form can be harmful, sugar-sweetened beverages are especially problematic.
  - **Alcohol:** Another possible cause for sudden belly fat gain is alcohol. Studies have linked the excessive consumption of alcohol to an increase in belly fat, with one study finding that men who consumed more than 3 drinks a day were 80% more likely to have excess body fat.
  - **Sedentary lifestyle:** One's activity levels also play a major role in the accumulation of belly fat. A study showed that people who performed resistance training or aerobic exercise for a year after losing weight were able to prevent abdominal fat gain, while those who did not exercise faced a 25-38% increase in belly fat.
  - **Stress:** Cortisol, commonly called the 'stress hormone', is produced by the adrenal glands in stressful situations. While stress drives overeating, cortisol causes the excess calories to be stored as fat in the belly.
  - **Genetics:** Similar to genes playing a major role in increased obesity risk, genetics may be partly responsible for the tendency of the body to store fat in the abdomen area.

## Tips to Reduce Belly Fat

In order to reduce tummy fat, one needs to follow a well planned routine. However, the following tips can help reduce the accumulation of fat in the abdominal region:

### **Eat plenty of soluble fiber**

Soluble fiber forms a gel with water that slows down food as it passes through your digestive system. This type of fiber promotes weight loss since it helps you feel full for a longer time, thereby preventing unnecessary food intake.

### **Avoid Alcohol**

While alcohol can have health benefits when consumed in limited amounts, it can be seriously harmful if consumed in excess. One way alcohol can negatively impact your body is by increasing the risk of abdominal obesity. Cutting back on it may help reduce one's waist size. While there's no need to give it up altogether, limiting the amount of alcohol consumed regularly is a must.

### **Drink Green Tea**

A very healthy beverage, green tea contains the antioxidant epigallocatechin gallate (EGCG) that appears to boost metabolism. The effect of the antioxidants in green tea may be strengthened when its consumption is combined with exercise.

# 20 Effective Tips to Lose Belly Fat (Backed by Science)

## 1. Eat plenty of soluble fiber

Soluble fiber absorbs water and forms a gel that helps slow down food as it passes through your digestive system.

Studies show that this type of fiber promotes weight loss by helping you feel full, so you naturally eat less. It may also decrease the number of calories your body absorbs from food (3[Trusted Source](#), 4[Trusted Source](#), 5[Trusted Source](#)).

What's more, soluble fiber may help fight belly fat.

An observational study in over 1,100 adults found that for every 10-gram increase in soluble fiber intake, belly fat gain decreased by 3.7% over a 5-year period (6[Trusted Source](#)).

Make an effort to consume high fiber foods every day. Excellent sources of soluble fiber include:

- flax seeds
- shirataki noodles
- Brussels sprouts

- avocados
- legumes
- blackberries

## SUMMARY

Soluble fiber may help you to lose weight by increasing fullness and reducing calorie absorption. Try to include plenty of high fiber foods in your weight loss diet.

## 2. Avoid foods that contain trans fats

Trans fats are created by pumping hydrogen into unsaturated fats, such as soybean oil.

They're found in some margarines and spreads and also often added to packaged foods, but many food producers have stopped using them.

These fats have been linked to inflammation, heart disease, insulin resistance, and abdominal fat gain in observational and animal studies ([7Trusted Source](#), [8Trusted Source](#), [9Trusted Source](#)).

A 6-year study found that monkeys who ate a high trans fat diet gained 33% more abdominal fat than those eating a diet high in monounsaturated fat ([10Trusted Source](#)).

To help reduce belly fat and protect your health, read ingredient labels carefully and stay away from products that contain trans fats. These are often listed as partially hydrogenated fats.

## HOW TO REDUCE BELLY FAT FAST- HOW TO LOSE BELLY FAT FAST | HOW TO LOSE STOMACH FAT

how to reduce belly fat,how to lose belly fat,how to lose belly fat fast,how to burn belly fat,how to lose belly fat in 3 days,how to lose lower belly fat,how to lose belly fat naturally,how to lose belly fat in a week,how to lose stomach fat

,how to lose belly fat men,how to lose belly fat exercise,how to reduce belly,how to reduce stomach fat,how to reduce belly fat in 7 days,how to lose tummy fat,how to lose belly fat women,how to get rid of love handles men,how to get rid of love handle,how to diet to lose belly fat

,how to get rid of low belly fat,how to exercise to lose belly fat,how is the best way to lose belly fat,how to workout to lose belly fat,how to exercise to reduce belly fat,how lose belly fat in 2 weeks,how to reduce tummy,how to get rid of visceral fat,how to burn stomach fat,how to lose visceral fat,how to remove belly fat,how to lose belly fat naturally at home

,how to get rid of belly fat fast,how to lose stomach fat fast,how to reduce tummy fat,how to burn belly fat fast,how to lose side fat,how to lose belly fat at home

,how to lose lower belly fat female

,how to reduce visceral fat

,how to lose belly fat without exercise

,how to decrease belly fat

,how to reduce lower belly fat

,how to lose waist fat

,how to lose stubborn belly fat

,how to lose belly fat quick

## HOW TO REDUCE BELLY FAT FAST- HOW TO LOSE BELLY FAT FAST | HOW TO LOSE STOMACH FAT

- ,how do i lose belly fat
- ,how to burn lower belly fat
- ,how to lose belly fat in 10 days
- ,how do you lose belly fat
- ,how can i lose belly fat
- ,how to reduce belly fat fast
- ,how to lose stomach fat men
- ,how to cut belly fat
- ,how to reduce belly fat exercise
- ,how to lose belly fat in 1 week
- ,how to lose weight in stomach
- ,how to get rid of love handles in 3 days
- ,how to lose belly
- ,how to lose beer belly
- ,how to lose subcutaneous fat
- ,how to reduce side fat
- ,how to reduce belly fat at home
- ,how to lose abdominal fat
- ,how to get rid of belly fat men

## HOW TO REDUCE BELLY FAT FAST- HOW TO LOSE BELLY FAT FAST | HOW TO LOSE STOMACH FAT

,how to reduce belly fat for men

how to get rid of belly fat exercise

how to lose belly fat naturally in 1 week

how to burn belly fat for men

how to lose belly fat in a month

how to get rid of belly fat overnight

how to lose belly fat for kids

how to get rid of upper belly fat

how to lose lower stomach fat

how to lose belly fat for teens

how to burn visceral fat

how to reduce waist fat

how to lose belly fat in one week

how to lose stomach fat in a week

how to lose stomach fat women

how to lose weight in your stomach

how to lose belly weight fast

how to lose upper belly fat

how to lose belly fat fast with lemon

## HOW TO REDUCE BELLY FAT FAST- HOW TO LOSE BELLY FAT FAST | HOW TO LOSE STOMACH FAT

how to eliminate belly fat

how to lose belly fat in 3 days exercise

how to lose belly fat fast women

how to reduce belly fat for women

how to lose side belly fat

how to lose your stomach

how to lose belly fat at home in 1 week

how to reduce abdominal fat

how to lose belly weight

how to lose belly fat without losing weight

how to reduce side belly fat

how to remove stomach fat

how to lose lower belly fat fast

how to lose gut fat

how to reduce belly fat without exercise

how to lose belly fat workout

how to reduce big stomach

**HOW TO REDUCE BELLY FAT FAST- HOW TO LOSE BELLY FAT FAST | HOW TO  
LOSE STOMACH FAT**