

BELLY BUSTERS

— LITTLE CHOICES TO HELP YOU LOSE BELLY FAT



LITTLE CHOICES MATTER



Most women complain about extra weight in their midsection as a result of fluctuating hormones, diet, stress, and lack of sleep. A lot of women receive a “menopause belly” in their 40s and 50s, and it can be extremely frustrating to try and work it off.

Extra weight in the belly may make you feel bloated and discouraged but it also puts you at risk for several diseases.

However, losing weight around your midsection can be a battle. Fortunately, there are plenty of choices we can make to help us lose some belly fat.

Consuming the right foods will reduce bloating, boost your metabolism, and give your body important nutrients that encourage weight loss in the midsection.

Make an effort to consume high-fiber foods every day. (We'll give you plenty of choices on the following pages.) Foods containing soluble fiber have been linked to a reduced risk of developing fat, especially in the belly. This is because soluble fiber absorbs water and forms a gel that helps slow down food as it passes through your digestive system. This type of fiber helps you feel full, so you naturally eat less so you will likely lose weight in other areas of your body as well. Soluble fiber may also decrease the number of calories your body absorbs from food which is also great for weight loss.

Eat foods rich in monounsaturated fatty acids which have been known to reduce the accumulation of belly fat.

And although it might have to go without saying, don't forget to avoid notorious belly-busters such as alcohol, soft drinks, as well as refined grains and sugar. (Whole grains and natural sugars are fine, in moderation.)

[For more little choices that make a difference, visit our website: LittleChoicesMatter.com](http://LittleChoicesMatter.com)



AVOCADO

Avocados are high in soluble fiber shown to reduce belly fat and suppress the appetite. They are also full of monounsaturated fats, which keep you full and stop belly fat from forming. Try avocado oil which is rich in monounsaturated as well as oleic fatty acids—both known to reduce abdominal fat.



CELERY JUICE

Celery juice is extremely detoxifying, as it flushes out old toxins and poisons that have built up over time. Celery juice also increases your body's ability to break down protein. Oftentimes, protein and fats go undigested in our stomach and just sits there and spoils. This can cause bloating and many other digestive issues.



CEYLON CINNAMON

Ceylon Cinnamon contains an active compound called cinnamaldehyde which stimulates the metabolism of the fatty visceral tissue (also known as belly fat) thus reducing the chance for belly bloating. Cinnamon is also said to increase insulin sensitivity and decrease blood sugar—both key components for losing weight and controlling type 2 diabetes.



SWEET POTATO

Sweet potatoes are rich in fiber, keeping you fuller longer as well as satisfying your carb cravings. They're also rich in carotenoids, (powerful antioxidants) which help stabilize blood sugar levels and lower insulin resistance. This process keeps calories from converting into belly fat. Also, their high vitamin profile give you more energy to burn.



EGGS

Eggs are high in protein and are healthy fats which make you feel full and keep you from snacking on empty calories between meals. The protein in eggs boosts metabolism, reduces appetite, and helps in losing belly fat. Also, eggs contain vitamin B12, which helps your body break down those dreaded fat cells, and choline, a nutrient that helps burn fat.



YOGURT

Yogurt contains outstanding gut-friendly and beneficial probiotics helping you balance microflora, fight inflammation and prevent bloating. High-protein yogurt can boost your metabolism and reduce your appetite, making you feel full and help you retain your muscle mass while losing belly fat.



BLUBERRIES

The antioxidants found in blueberries have been linked to the banishing of belly fat, heart disease, and diabetes. These antioxidants change how glucose is stored and processed in the body, which helps regulate fat-burning as well as fat storage helping reduce abdominal fat as well as lowering bad cholesterol levels.



SALMON

Wild-caught salmon is loaded with omega-3 fatty acids, which help with inflammation and help you get rid of that unwanted belly fat. Omega-3 fats in salmon also increase adiponectin levels, a hormone that burns fat. Omega-3 fatty acids encourage fat burning by revving up your metabolism. Don't like fish? Consider taking a quality fish oil supplement.



BANANAS

Bananas are packed with potassium, a nutrient that helps regulate fluid balance to flatten belly bloat. Bananas are also a resistant starch that encourages your liver to switch to a fat-burning mode. Bananas digest easily and help regulate sodium levels decreasing the risk for bloating.



CHILI PEPPERS

Chili peppers contain capsaicin which helps speed up the abdominal fat loss, boosts your metabolism and helps your body burn more calories and fat. Having chili peppers with your meal will also increase the calories burned. It has been found those using capsaicin-rich foods in their diet had fewer cravings for fatty, salty, and sweet foods.



CUCUMBERS

Cucumbers have a high water content (96%) and contain the flavonoid antioxidant quercetin which reduces swelling and can definitely help prevent bloating. Also, cucumbers are packed with essential nutrients, including vitamins C and K, both of which play a vital role in losing weight and reducing belly fat.



LENTILS

Lentils have a unique combination of fiber, carbohydrates and protein keeping you satisfied and full longer. They're also a good source of iron. This is important because studies have shown that being deficient in iron could slow down your metabolism. They also help lower the glycemic index leaving you with less fat around your middle.



FENNEL SEEDS

Fennel seeds are a rich source of fiber, antioxidants, and minerals—all of which are essential if you want to burn fat. Consuming fennel seeds after your meal will help improve digestion by helping you digest your food faster, relieve GI issues, and reduce belly bloating. These seeds also help cut down water retention and reduce your cravings.



PAPAYA

Papayas are low in calories, high in fiber and digestive enzymes that help in absorption of protein. All these features can together aid quick belly fat reduction. They are also great for detoxing the liver, our main fat-burning organ. Papayas also contain an enzyme called papain, which helps your GI system break down any difficult-to-digest foods, preventing inflammation and belly bloat.



OAT BRAN

Oat bran is made from the outer layer of the oat kernel where most of the fiber and healthy fats reside. It contains high levels of beta-glucan (soluble) fiber and forms a gel-like bolus that helps to absorb extra glucose and fats in your stomach. This bolus then slowly makes its way through your system without all the sugar and calories being absorbed.



ASPARAGUS

Asparagus is a great source of both soluble and insoluble fiber, which helps your body digest slowly and keeps you full for longer in between meals. It also contains asparagine which helps to break down fats. It also offers vitamins A and C which accelerate the fat-burning process. Eating asparagus is a great way to remove waste from the body and decrease discomfort and belly bloat.



GINGER

Ginger is a natural digestive aid that helps with nausea and an upset stomach, but it is also thermogenic, meaning it increases your body's temperature so that you burn fat more efficiently. Ginger also contains compounds that help move food through your GI tract making it a natural remedy to treat belly bloating.



PEPPERMINT

Peppermint contains menthol, an active compound present in the mint leaves which can suppress appetite, curb unwanted hunger cravings, boost your digestion and improve bowel movement. Peppermint teas can reduce bloating by relaxing your GI muscles, easing the digestive process and help your body dissolve gas.



PROBIOTICS

Probiotics reset that all-important bacterial balance in our gut and may help us win the battle of the bulge. Taking probiotics daily will provide beneficial gut flora, and reduce the risk of weight gain and fat accumulation in your abdominal cavity. Many probiotics contain Lactobacillus strains which have been shown to reduce body weight and fat around the organs .



MORINGA

Moringa has many important vitamins and minerals providing antioxidants and anti-inflammatory compounds. It's also really beneficial for improving your digestive system. Moringa is also loaded with vitamin C and potassium which makes it a great belly buster as well as many other numerous benefits.



APPLE CIDER VINEGAR

ACV has been known for some time to speed up weight loss and improve your health. It contains acetic acid which targets body fat, activates your metabolism, make you lose belly fat and decrease your blood triglycerides. It also can increase satiety or feeling of fullness, helping you consume fewer calories and lose weight.



LEMON WATER

Lemons have tons of health benefits, and adding it to your water is a great idea to help keep you well-hydrated, which is essential to good health. Drinking warm lemon water first thing in the morning helps to lose weight and burn belly fat. Lemon water will also help promote smooth digesting, boost your metabolic rate and keep you regular.



COCONUT OIL - MCTS

Coconut oil contains a unique combination of fatty acids. Some of the fatty acids can reduce appetite and increase fat burning. It is one of a few foods that are rich in medium-chain triglycerides (MCTs) and can increase energy levels, make you feel fuller longer and reduce fat around the midsection.



BLACK TEA

Organic Black tea is packed with nutrients and antioxidants that can help improve health and reduce inflammation in the body. Black tea contains unique flavonoids (plant-based antioxidants), which help you enhance weight loss and help fight belly fat. The strong antioxidants found can increase energy, improve immunity and regulate one's weight.



ALMONDS

Almonds are packed with belly-busting power. Nuts and nut butter are a great source of monounsaturated fats which help reduce the accumulation of belly fat. Nuts also help build muscle, reduce cravings and keep you fuller longer. Eat a few almonds before your meal will help you eat less and make you feel satisfied.



APPLES

Apples are packed with healthy flavonoids and fiber that may help burn belly fat. Apples boast a lot of water, and are packed with fiber, which makes your belly feel full. Because apples are crunchy and require a fair amount of chewing, it will make you think you've eaten more than you actually have.



TOMATOES

These delicious fruits have been found to reduce inflammation and water retention, as well as reversing leptin resistance. Leptin is a hormone that decreases appetite and helps to control weight but some women have a leptin resistance. Tomatoes are also a natural diuretic which makes them a perfect belly-buster.



MUSHROOMS

Mushrooms are fat-free, cholesterol-free, low in sodium and calories making them a great weight loss staple. They provide a lot of protein and fiber, which makes them beneficial for weight loss. Also, mushrooms contain a natural source of Vitamin D. Lack of vitamin D has been associated with higher levels of belly fat.



BROCCOLI

Broccoli is a fat-free and low-calorie vegetable which packs your body with the fiber needed to flush out the fat and any toxins. Consuming ample amounts will help lower levels of visceral fat, the dangerous fat around your organs. It also has a high amount of soluble fiber which will reduce fat around your midsection.



GARLIC

Garlic is thermogenic which means it boosts metabolism and helps you burn fat more efficiently. Its sulfur-containing compounds are also known as an appetite suppressant, keeping you fuller longer. The compounds in garlic are great for detoxing as well as stimulating the fat-burning process and maximizing fat burning for energy.



FLAX SEEDS

Flax seeds are full of monounsaturated fats which will help to bring down your body fat and lower your cholesterol levels. Ground flaxseed is an excellent source of both soluble and insoluble dietary fiber which will cleanse the intestinal tract and regulate elimination. All this helps remove extra internal belly bulge.



SHIRATAKI (KONJAC) NOODLES

Shirataki noodles are thin, translucent, gelatinous noodles made from a substance called glucomannan that comes from the konjac root. These noodles can be used in place of pasta and are effective at getting rid of visceral fat because of their soluble fiber content.

OTHER TIPS & TRICKS



MOVE YOUR BODY

When you're trying to slim down your stomach, don't forget to get your body moving. Core exercises and ab workouts go a long way but so does yoga and [HIIT workouts](#). The important thing is to find what works for you and your schedule and do it!



SLEEP IS A BELLY BUSTER

Sleep is just as important as exercising and nutrition when it comes to being the healthiest version of ourselves. Poor sleep has repeatedly been linked to weight gain. Ideally, you should sleep seven to nine hours per night to keep your body burning fat while you sleep.

Here are some [great ideas](#) to help you get a more restful night's sleep!

For more little choices that make a difference, visit our website: LittleChoicesMatter.com

Here some of our favorite tools we use to help decrease belly fat!



WAIST TRIMMER BELT

ActiveGear Waist Trimmer Belt | Waist Trainer for Men & Women | Slim Body Sweat Wrap

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