

How to lose belly fat health essay

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jpgIntroductionWe look at the most sensible way to reduce that body fat especially around the belly. It's going to take a lot of hard work and self-control over several weeks, at least, to get to the right body weight. But if you remain focussed and continue with a controlled diet and a moderate amount of exercise your efforts will be well rewarded. You will not only look a lot better you will feel healthier and more energetic. By understanding the effects of good food and bad food you can choose the most suitable diet that will help reduce that body fat. Some people find it easier than others to lose weight, never the less, we can all benefit from a balanced diet and regular exercise, regardless of sex and age. The long term program is to maintain a healthy diet and reduce certain foods which cause excess body fat. A balanced diet will provide the right amount of carbohydrate, vitamins, protein, fat, mineral salts and fibre that are needed to maintain a healthy body. Also, as part of a balanced diet, there are many food categories which should be avoided. By understanding the various food categories discussed you will be able to make informed decisions of which food to avoid and which food is good for you. File: Misc fruit. jpg

How to Lose Belly Fat

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Assessing your body fat level
There are a number of established methods that you can use to measure your body fat and the easiest to use are: Body Mass Index (BMI)
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A simple method of assessing if you are overweight is to use the Body Mass Index calculation. The body mass index (BMI) is a good indication of determining if a person is overweight and a potential health risk, people with a BMI of 25 and over are considered to be at higher risk of type 2 diabetes, heart disease and high blood pressure. The BMI estimates the body fat based on an individual's weight and height. However, it is more of a general guide rather than an accurate diagnosis, a BMI of 25 to 29 is moderately overweight and a BMI of 30 and over is considered obese. For children and people of over 60 the BMI number can be less accurate as the relationship between body mass to height changes. The BMI formula has been in use for over 150 years and still has a lot of support, although some research now question its accuracy and believe it tends to give a higher value than should be. The BMI is equal to body weight (kg) divided by the square of the height (m).
Adult Body Mass Index Chart

BMI

19202122232425262728293031323334353637

Height inch

Body Weight in pounds

58

919610010511011151119124129134138143148153158162167172177

59

94991041091141119124128133138143148153158163168173178183

60

971021071121118123128133138143148153158163168174179184189

61

100106111116122127132137143148153158164169174180185190195

62

104109115120126131136142147153158164169175180186191196202

63

107113118124130135141146152158163169175180186191197203208

64

110116122128134140145151157163169174180186192197204209215

65

114120126132138144150156162168174180186192198204210216222

66

118124130136142148155161167173179186192198204210216223229

67

121127134140146153159166172178185191198204211217223230236

68

125131138144151158164171177184190197203210216223230236243

69

128135142149155162169176182189196203209216223230236243250

70

132139146153160167174181188195202209216222229236243250257

71

136143150157165172179186193200208215222229236243250257265

72

140147154162169177184191199206213221228235242250258265272

73

144151159166174182189197204212219227235242250257265272280

74

148155163171179186194202210218225233241249256264272280287

75

152160168176184192200208216224232240248256264272279287295

76

156164172180189197205213221230238246254263271279287295304

Healthy Weight

Overweight

Obese

The simplest measurement to assess your fat level is of the waist using a tape measure, as a general guide a man's waist should be less than 40 and a woman's less than 35. Another method of assessing your body fat using a tape measure is to compare your waist measurement with your hip measurement. If you divide your waist measurement by your hip measurement the number can be compared to the waist / hip ratio table as shown.

	Excellent	Good	Average	High
Male	< 0.85	0.85 to 0.90	0.90 to 0.95	> 0.95
Female	< 0.75	0.75 to 0.80	0.80 to 0.85	> 0.85

A more direct method of assessing body fat is by measuring the skin-fold with its underlying layer of fat, make sure the muscle is not pinched. The process is used on different parts of the body, for example, the thigh, triceps and abdomen. There 3 to 10 different locations on the body that can be used to measure and for consistency always measure the right side of the body. A calliper is relatively inexpensive to buy and provides a fairly accurate measurement of body fat percentage. By first pinching the fat with the fingers of one hand and then with your other hand use the callipers to measuring the thickness of the folded skin. Locations on the body to measure with the callipers: Chest, Midaxillary, Bicep, Abdominal, Suprailiac, Thigh, Calf, Subscapular, Triceps and Lower back.

Body Fat Chart measured with Callipers

Classification Women Men Essential Fat 10-12% 2-4% Athletes 14-20% 6-

13% Fitness 21-24% 14-17% Acceptable 25-31% 18-25% Obese 32% plus 26%

plus Exercise C: Users Rachael Ramotowski Desktop Fitness_Model_Britt_2007.

JPG Attribution : © Glenn Francis, www. PacificProDigital. com As well as

having a balanced diet, exercises are a fundamental necessity to leading a

healthy life. We all need to exercise in order to maintain our body's fitness

and enhancing our immune system, by exercising we strengthen our

muscles and help control our weight. People who do regular exercises have a

much better health condition and statistically have a reduced risk of heart

disease, type 2 diabetes and high blood pressure. With regular exercise our

body reduces the level of LDL cholesterol (low density lipoprotein), which is

the bad cholesterol and increases the level of HDL cholesterol (high density

lipoprotein), which is the good cholesterol. The more we exercise the greater

the improvement of our cholesterol levels regardless of weight loss. With

regular exercise and a controlled diet you will reduce your weight and reduce

the level of LDL cholesterol. File: Amanda Françoço At The Runner Sports-12.

jpg Author: Sergio Savarese from Sao Paulo City / Ipiranga, Brasil All exercises

can be classed as belonging to one of three groups: Aerobic exercise -

swimming, walking, running, cycling, kickboxing, dancing, cycling, rowing

etc. Anaerobic exercise - weight training, sprinting, high intensity interval

training, etc. Flexibility exercise - stretching programs to improve the range

of movement, yoga etc. Aerobic exercises are also known as Cardio

exercises they are repetitive, rigorous and involve a lot of muscle work.

Aerobic exercises increases blood flow and oxygen to the heart and

improves cardiovascular fitness, it strengthens the heart, lungs, tendons and

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ligaments. Repetitive and rigorous training will maintain leaner muscles and help you stay strong, it also causes your body to burn lots of calories. The minimum recommended amount of time you should spend is 30 minutes per day for 5 days a week, if you want to lose weight faster than you can increase the exercise time. C: UsersRachael RamotowskiDesktop800px-US_Navy_060904-N-1328C-033_Equipment_Operator_2nd_Luis_Martinez_competes_in_Camp_Lemonier_Labor_Day_Strong_Man_Competition. jpgAuthor: U. S. Navy photo by Chief Mass Communication Specialist Eric A. Clement

Anaerobic exerciseAs we get older the body produces less testosterone which is needed to maintain muscle build, by doing weight exercises we can help compensate for this reduction. Of course, age isn't the only reason for a reduction in muscle mass, if you don't use your muscles they will become weaker. By exercising your muscles you will maintain strength and build. Repetitive weight training will build lean muscle mass which will make you stronger and fitter. Strength training also helps increase the strength and density of bones which will help prevent osteoporosis. Strength training boosts your metabolism due to leaner muscle mass which will make it easier to lose weight.

Flexibility exerciseFlexibility exercises are good for stretching joints and muscles giving your body full range of movement. Stretching exercises are also recommended before and after a rigorous exercise session as they provide a warm up and a cooling down. The aim is to work on all parts of your body from your head to your toes. Stretch until you feel resistance and hold that position for several seconds, do not over stretch where you start to experience pain. Start by rotating your head and stretching your neck muscles, up and down and left and right. Followed by stretching your arms

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across your chest and over your head. Then work on the torso leaning left and right and back and forth, followed by the groin, hips, hamstrings, quadriceps, calf and achilles tendon. The diagram below shows the main types of flexibility exercises: Some Great Food and Drink to include in your diet: White TeaGreen TeaWhat are lipoproteins? Cholesterol is a fat-like substance used to help build cell membranes, make some hormones, synthesize vitamin D, and form bile secretions that aid in digestion. Since fat can't mix with water, which is the main ingredient of blood, cholesterol's most important job is to help carry fat through your blood vessels. Before cholesterol can enter the bloodstream it is coated with a protein. These cholesterol-protein packages are referred to as lipoproteins. Lipoproteins are transport vehicles in the circulation plasma that are composed of various lipids such as cholesterol, phospholipids, triglycerides and proteins known as apoproteins. The major classes of lipoproteins are chylomicrons, very low-density lipoprotein cholesterol (VLDL-C), LDL-C, and HDL-C. Chylomicrons are the largest lipoproteins, consisting of approximately 85% triglycerides. Triglycerides are the main type of lipids found in adipose tissue and in the diet. Once the triglycerides are removed from the chylomicron at receptor sites in the body, the chylomicron remnant is returned to the liver for further metabolism. The principal lipid of VLDL-C is also triglycerides (60 - 70%). LDL-C is the primary transport carrier of cholesterol in the circulation. About 50-60% of cholesterol is delivered to the cells by LDL-C. Evidence suggests that LDL-C may directly contribute to the cellular alterations of the inner walls of arteries which may ultimately lead to the development of atherosclerotic plaque (Scann, 1978) . Thus, LDL-C is proposed to be more highly associated with CHD than total cholesterol (Manson et al., 1992) . On <https://assignbuster.com/how-to-lose-belly-fat-health-essay/>

the other hand, HDL-C has an inverse relationship with coronary heart disease, offering a protecting mechanism against the development of CHD (Kannel, Castelli, & Gordon, 1971) . HDL-C is considered to be the most powerful lipid parameter for predicting CHD in people of all ages (Gordon et al., 1977) . The primary function of HDL-C is to transport cholesterol from the tissues and blood to the liver for excretion from the body or synthesis into bile acids. HDL-C also prevents the uptake of LDL-C at receptor sites in the body and participates in the metabolism of other lipoproteins. HDL-C is predominantly composed of phospholipids and is separated into several subclasses, based on size and particle density. The major subclasses are referred to as HDL2 and HDL3. It is known that females have a higher content of HDL2 than males, which helps to protect women from developing CHD (Wood & Haskell, 1979) .

What is Belly Fat and How to Lose It

Before we know how to lose belly fat, we should try to understand where it comes from. As people approach the age of 40, fat start to replace the muscles in our bodies, especially in the abdomen area. The hormones, estrogen for women and testosterone for men, responsible for regulating the flow of fat and its spread around the body is significantly reduced as people advance in years, which causes the appearance of the large abdomen. There is a great deal of medical evidence to show that if we are able to reduce our body fat by just 10% then we will significantly reduce the health risks.

What can we do to lose belly fat?

Learning how to lose belly fat is not that simple and actually entails a lot of discipline and control. The good news however, is that abdominal fat (fat

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around the stomach and abdomen – also known as belly fat) is the first fat to go when you do start losing weight. This is because most of our belly fat is visceral fat (organ fat or intra-abdominal fat - packed in between internal organs and torso), and it's much easier to metabolize than the fat under the skin called subcutaneous fat. To reduce the body fat will require a combination of eating the right food and doing the right amount of exercises.

How to lose belly fat by dieting

Diet plays a very important role in your goal to throw off that excess fat around your waist. The first thing to remember when trying to work out how to lose belly fat is to eliminate some very popular food choices such as: chips, cookies, cola, candy, and cake. In recent published articles, it is suggested that you need to eat 1, 600-calorie meals rich in MUFAs or Mono Unsaturated Fatty Acids, which is the kind of fat that is regarded as " good" fat. MUFAs can be found in nuts, avocados, chocolate, soybeans, olives, seeds and cooking oils such as canola, olive and sesame oil and the like. Studies also indicate that the extra fat in the waistline can be trimmed by eating whole grained enriched food that are higher in fiber content rather than choosing meals with refined grains. Refined foods such as white bread causes your body to have elevated blood sugar levels. Eating 5 to 6 small fat-friendly meals is also recommended rather than 3 large meals per day as these mini meals boost metabolism and so your body will use up more energy as it digests more frequently. It's important to know what to drink as well if you want to know how to lose belly fat. Water will always be the best, most essential drink as your body needs water to function properly especially in burning that fat. However, fresh fruit juices are a great tasting alternative.

Things to avoid include non-healthy drinks like full-fat dairy drinks and high calorie soft drinks. In general, losing belly fat is dependent upon your choice of food. Refrain from eating unhealthy fatty foods and try to maintain the willpower to shy away from the tempting, mouth-watering sinful foods.

How to lose belly fat through exercise

We need to take exercise as seriously as we take eating the right foods.

Dieting will not work if you simply sit on your backside all day long! By regularly exercising, we can reduce belly fat by as much as 10 to 15 percent in just a few short months. Start working out slowly until you are fit enough to begin intensive exercises. Do not rush straight into intensive exercise as doing so could be dangerous. The idea is to get fit, through regular jogging and light cardio, and then once you are ready for it, combine your diet with intensive work outs for maximum impact and belly fat loss. Knowing how to lose belly fat is all about knowing the right kind of exercises to do. You need to do two things: Strength training, as this will increase your metabolic rate and burn the belly fat off faster. Regular cardio exercises because this is a quick way of burning off fat as well. More detailed exercise routines will be discussed later.

Some Quick Tips To Lose Belly Fat Fast

The weight loss tips are healthy options and all of them need not be started at once, but gradually introduced one or two at a time, maybe once a week. Another quick weight loss tip can be introduced when you feel comfortable. The important thing is to build them all into your diet and then weight loss will be quick and long lasting. 1. Drink a glass of water before every meal. Water does not contain calories and will partially fill your stomach making <https://assignbuster.com/how-to-lose-belly-fat-health-essay/>

you feel full more quickly. Add a little squeezed lemon or lime juice to flavour if you wish. Water helps the kidneys to flush toxins out of the body and is extremely good for the skin. If you have too little water your liver has to help your kidneys out and fat burning metabolism by the liver is reduced. 2. Avoid processed foods since they tend to be loaded with calories and contain additives and preservatives that are unnecessary. This includes junk food, which tends to be high in fat and salt are unhealthy. Many processed foods are made with trans fats, saturated fats and a lot of sodium and sugar, all of which should be avoided in excess. In particular, trans fats should be avoided. Look at the ingredients on the package and if you see ‘hydrogenated oil’ or partially dehydrogenated oil’, or ‘liquid shortening’ then avoid it. Also avoid highly refined carbohydrates such as white flour, white sugar, candy, soft drinks and pastries because they digest quickly, provide fast energy and are therefore easily changed into fat. 3. Eat fresh fruit rather than fruit juices so that it is more bulky. Strongly coloured fruits such as blueberry and raspberries are best. Blueberries are loaded with vitamins and potassium and they also help to keep your urinary tract healthy.

Pomegranates also contain lots of vitamins and antioxidants, which reduce the risk of heart disease, so sprinkle them on your cereal in the morning or in porridge. One cup of mangoes will supply 100% of your daily Vitamin C, one third of your daily Vitamin A, fiber and potassium. Potassium helps lower blood pressure. It is also one of the fruits least likely to have pesticide residues. 4. Avoid meat and in particular avoid red meats. If you have to eat meat use white meats such as chicken or white fish. The Harvard School of Public Health has recently published research (August 2011) that suggests eating processed red meat increases the risk of Type II diabetes. There is <https://assignbuster.com/how-to-lose-belly-fat-health-essay/>

considerable evidence that saturated fat in red meat contributes to heart disease and atherosclerosis. Frequent red meat eaters have twice the risk of colon cancer and it is also thought to increase the risks of rheumatoid arthritis (Joints affected by rheumatoid arthritis can feel stiff, especially in the morning) and endometriosis (Most women with endometriosis get pain in the area between their hips and the tops of their legs). The American Dietetic Society indicates that a vegetarian diet significantly reduces the risk of heart disease, colon cancer, osteoporosis, diabetes, kidney disease, high blood pressure and obesity.

5. Do more exercises. This can be walking 30 minutes a day, or doing housework or gardening. Exercise does not have to be done in a gym. If you can increase your activity level, no matter how little, it will have an impact on weight loss. Regular exercising reduces the risk of many chronic diseases such as heart disease, type II diabetes, stroke and some cancers. It also boosts self-esteem, mood, sleep quality, and energy as well as reducing stress, depression, dementia and Alzheimer's disease.

6. Eat lots of vegetables, which are naturally high in fiber and add bulk to your meals with relatively few calories. Fresh vegetables are better than cooked and canned since these treatments can destroy vitamins. The most nutritious vegetables include sweet potatoes, which are loaded with carotenoids, Vitamin C, potassium and fibre. Similarly, broccoli has lots of Vitamin C, carotenoids, Vitamin K and folic acid. Beans are also very good for you because they are rich in protein, fiber, iron, magnesium, potassium and zinc. Garbanzo beans are the best type. Leafy greens are also powerhouses full of vitamins and minerals.

7. Avoid snacks that are bought already prepared, as they tend to be high in salt and fat. They also contain many additives to prolong the shelf life of the product. Fresh vegetables can be

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used as snacks and crunched on. Experiment with the more exotic vegetables. If you are a chocoholic then dark chocolate is better than milk chocolate. It is also better than toffee or sweets, which stick to the teeth and cause decay. Healthy snacks include almonds, preservative-free hummus and of course, fresh fruit. 8. As already mentioned by eating up to 6 small meals throughout the day is much better than 3 larger meals. This will keep you feeling full for longer. Never go for long periods without eating because your metabolism slows down into starvation mode and weight loss becomes harder. Breakfast should always be eaten and food chewed slowly so that the body has time to tell when it is full. Try also to cut down the size of the portions of food you eat. Some people benefit from using a smaller plate size as a way of controlling portion sizes⁹. Drink green tea. It contains a high concentration of polyphenols, which activate an enzyme that breaks down triglycerides produced from fat digestion. It also contains other substances that stimulate metabolism and therefore weight loss. Green tea also contains caffeine, which stimulates the use of fat as an energy source. 10. Reduce your intake of fat. Fats have over twice as many calories as either protein or carbohydrate. You can do this by eating lean meats and by trimming the excess fat off. Lean meat contains 10% fat already. However, take care when buying low fat foods because quite often they are full of carbohydrates like sugar and are therefore worse for you. The omega-3 fats in fish such as wild salmon can help reduce the risk of sudden death heart attacks and the wild type has less PCB contaminants than the farmed fish. These quick weight loss tips are designed to show you how to lose belly fat and suit all appetites and lifestyle. It is important to maintain your interest and motivation if you

are to be successful. Experiment and modify the suggestions to suit yourself but first enjoy it and have fun watching the weight go down.

What Exactly is a Healthy Diet?

A healthy diet contains a balanced quantity of nutrients daily. Those required in the greatest amount are carbohydrates, protein and lipids. These molecules are the main respiratory fuels which include glucose, fatty acids, ketones and amino acids. They are used in metabolic processes and produce water, carbon dioxide and urea. The energy released is stored for a short period of time in ATP (adenosine triphosphate) before being used by the body. The body has an amazing ability to convert one dietary molecule into another. This means that if enough energy is obtained in the diet then it is not too important which of these main nutrients is eaten to provide it. A healthy diet can therefore vary a lot because fats, carbohydrates and protein can be converted from one to another. Other substances are essential and have to be obtained from the diet. These contain a benzene ring which is a hexagonal arrangement of six carbon atoms (C_6H_6) with alternating single and double bonds between them. It is a basic component of many organic molecules especially aromatic ones which are so called because many have a sweet smell. Only micro-organisms and plants can make aromatic molecules and are therefore an important source of aromatic amino acids such as phenylalanine, tyrosine and tryptophan. They also provide certain vitamins such as folate (a water soluble vitamin B), vitamin K and Co-enzyme Q.

The role of amino acids in a healthy diet

Amino acids are the basic building blocks used to make all the proteins we need. Some are also made into neurotransmitters, which are important for the healthy functioning of the nervous system. Most of the 20 amino acids needed are obtained from the protein we eat. The 8 amino acids that cannot be made by the body are called essential amino acids and are always needed in the diet. These are:

Leucine

TryptophanIsoleucine

Phenylalanine

(tyrosine)Lysine

ThreonineValine

Methionine (cysteine)Children

also need Arginine and Histidine to grow properly. Non essential amino acids can be made in the body from products of carbohydrate metabolism and are:

Glutamate

AsparagineAspartate

GlutamineGlycine

SerineAlanine

ProlineNot all proteins eaten provide all the amino acids. Casein found in milk provides all the amino acids but gelatin lacks tryptophan and vegetable proteins may be deficient in certain amino acids, for example, sweet corn has insufficient tryptophan and lysine. In a healthy vegetarian healthy diet a mixture of plant proteins is therefore necessary. Legumes example such as peas, beans and lentils are high in amino acids protein and are low in starch.

The role of fatty acids in a healthy diet

The most common oils and fats in our diet are called triglycerides and these can be made from carbohydrate or from fatty acids. We cannot make linoleic acid and linolenic acid and so they are essential fatty acids. They are made by plants and are essential for health. Polyunsaturated fatty acids are needed to make cell membranes and to make prostaglandins. These substances are involved with the regulation of vasodilation, blood clotting and the immune response. Fish oils such as herring, mackerel and sardine are rich in polyunsaturated fatty acids made from linolenic acid. They have beneficial effects on health because they have anti-inflammatory properties. They also reduce the risk of atherosclerosis. Eskimos who eat a high proportion of fish oil have a low incidence of coronary heart disease.

The role of vitamins in a healthy diet

Vitamins are essential for normal growth and development. Only tiny amounts are needed and so it is possible to overdose on certain ones e. g. Vitamin A if too many additional supplements are taken. At high doses vitamins cause side effects such as nausea, diarrhoea and vomiting. There are 14 vitamins important for health and they are grouped into fat soluble and fat insoluble.

Fat Soluble

Vitamin A (retinol)
(calciferol)

Vitamin B3 (nicotinic acid)
(pantothenic acid)

Vitamin B12 (cyanocobalamin)

Fat Insoluble (Water soluble)

Vitamin B1 (thiamin)Vitamin D

Vitamin B2 (riboflavin)Vitamin E (tocopherol)

Vitamin B5

Vitamin B6 (pyroxidine)Vitamin B7 (biotin)Vitamin B9 (folic acid)Vitamin C (ascorbic acid)

vitamin is an organic substance which cannot be made and so has to be provided in the diet. However, microorganisms in the gut called gut flora (shown in the image) can produce Vitamin K and biotin whilst one form of Vitamin D can be made in the skin when it is exposed to ultra violet radiation. Humans can make some vitamins from precursors that are eaten. Vitamin A can be made from beta carotene and niacin can be made from the amino acid tryptophan.

The role of fiber in a healthy diet

Fiber is obtained from the cell walls of plants. The body cannot absorb it from the gut and so it is not regarded as a nutrient and does not supply energy or vitamins. However it has several important functions which are: It helps the digestive process and aids the absorption of nutrients. Fiber increases the speed at which food passes through the gut. It helps to lower blood cholesterol because fiber binds to cholesterol and bile acids preventing them from being absorbed into the bloodstream. This may protect against coronary heart disease and strokes. Fiber has an important role in the colon where there are many types of microorganism capable of carrying out the breakdown of complex carbohydrates. Short chain fatty acids are produced that can be used as an energy source by the colon and the body tissues. Carbon dioxide, methane and hydrogen are also released. The chemicals produced in the gut can damage the lining and can increase the risk of diseases such as cancer of the colon. Fiber can also bind to these chemicals so that they are excreted from the body rather than being absorbed. It makes you feel full for a longer period of time and so reduces your appetite. Also by increasing the bulk of the faeces (stools) it helps defecation by

increasing the speed at which food passes through the gut, so reducing the risk of constipation, haemorrhoids and varicose veins.

Fiber occurs as soluble fiber and insoluble fiber

Soluble fiber includes gums and pectin and can lower blood cholesterol and control blood sugar. It is found in fruit and vegetables particularly oats, barley, legumes, guar gum and strawberries. Insoluble fiber contains cellulose, hemicellulose and lignin. It adds bulk to faeces and helps prevent constipation. It is found in wholemeal and wholegrain foods, pulses, bran, brown rice and fruits with edible seeds. The body needs about 18g of fiber each day with a mix of both types.

The role of minerals in a healthy diet

The main minerals are sodium, potassium, calcium, magnesium, iron, sulfur, chloride and phosphate. Mineral deficiencies are unlikely for most people eating a healthy diet but problems sometimes arise. For example, a heavy loss of blood can produce an iron deficiency. Women are susceptible because of menstrual loss (periods), pregnancy and lactation. Iron is mainly needed for the transport and storage of oxygen and so one symptom of a deficiency is tiredness. Selenium and manganese are used to make enzymes which remove reactive forms of oxygen (are antioxidants) and so protect cells against free radical damage.

Understanding How Cholesterol Contributes to Increased Belly Fat

If you want to know how to lose belly fat then understanding cholesterol is key. Cholesterol belongs to the group of fats and oils called lipids. A fat is

solid at room temperature and oils are liquid. Cholesterol is essential in the body and is found in every cell membrane. It is also involved in the formation of hormones and bile salts and in carrying fats around the body in the blood. Cholesterol is made in the liver, mainly from saturated fats or is absorbed directly from the small intestine from cholesterol rich foods such as dairy products and eggs. However, the cholesterol present in food has a relatively small effect on the level of cholesterol in the blood. A small amount of fat, about 2% is needed to supply the essential fatty acids that the body cannot make. However, we tend to eat a lot more than we need. Indeed if you are on low carb diet such as The Atkins Diet then your fat intake will be considerably higher. Cholesterol is transported around the body as a lipoprotein which is made from cholesterol, fat and phospholipids together with a carrier protein. There are two types of lipoprotein: low density lipoprotein (LDL) and high density lipoprotein (HDL). LDL's are regarded as a 'bad' form of cholesterol and are linked to CHD (Coronary Heart Disease) because they carry 70% of the blood cholesterol. If there is too high a level they can narrow arteries by forming plaques. The balance between LDL's and HDL's is important. HDL's are regarded as the 'good' form and carry cholesterol from places where there is too much to the liver where it is removed. There has been a lot of concern about the link between a high fat intake and cardiovascular diseases such as CHD and strokes. CHD is caused by the narrowing of the coronary arteries supplying the heart muscle with food and oxygen. This can cause angina (chest pain). The arteries can become narrower due to a build up of fatty deposits of plaque called atherosclerosis. If they break up a clot may develop (coronary thrombosis) then a heart attack may occur. In the brain this may result in a stroke. It has

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been shown that there is an increased risk of death from CHD if a person has a high level of cholesterol in the blood. The concentration of cholesterol in the blood should be 5.2 mmol/L or less. If higher, then further tests can be taken to measure the relative amounts of HDL's and LDL's. Most people with high levels of total cholesterol rarely need drug treatment and can reduce it by eating a low fat and a high fibre diet and by keeping their weight under control. The following foods can be eaten to help reduce cholesterol. Lower rates of CHD are found in European people eating a 'Mediterranean diet'. The food tends to be low in saturated fat and high in monounsaturated fats mainly from olive oil. They also eat lots of fruit and vegetables. In America the borderline cholesterol concentration in the blood is 200 mg/dL and above 240 mg/dL is linked to health problems. The most recent research suggests that nearly 38 million have this higher level and women over the age of 45 have higher cholesterol levels than men. Less than 100 mg/dL is considered good and Asians tend to have a level under 95 mg/dl because their diet is low in fat. People over the age of 20 years are recommended to have their blood cholesterol levels checked every 5 years. Statins are drugs which reduce cholesterol levels by reducing the amount of cholesterol made in the liver. They work by inhibiting the enzyme responsible for producing cholesterol called HMG-CoA reductase. They are used for preventing and treating atherosclerosis to reduce heart attacks, angina and strokes. As well as high cholesterol, other risk factors include increasing age and a family history of heart attacks especially at a younger age. A new class of drug is currently being developed which treats both Type 2 diabetes and heart disease and could be more effective than statins. This new drug affects cholesterol ester transfer proteins (CETPs) and so raises the level of HDL's

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which are the 'good' form of cholesterol. Torcetrapib is currently under trial and two more drugs called dalcetrapib and anacetrapib are being developed. When given with statins the drug dalcetrapib increases the level of HDL's by 67%. No difference was observed when given statins alone and so this new class of drugs could have a marked effect on reducing heart disease and by stabilizing blood sugar levels to reduce diabetes Type 2. Patients given both drugs had blood sugar levels 7% lower than when statins were used alone and resistance to insulin also improved.

The Danger of Trans Fats

Another essential consideration in reducing belly fat is being aware of trans fats because they can be a major contributor to excess visceral (belly) fat. Trans fats rarely occur in nature. In the food industry they are created by bubbling hydrogen through oil, which increases its consistency so that it becomes more solid. It allows manufacturers to add a butter-like consistency to products for a lot less cost. Trans fats are therefore used a great deal in the food industry because they are resistant to rancidity and extend the shelf life of lots of foods, such as oils, bread, baked foods and all processed foods to some extent. It also means restaurants can continually heat and cool food without it breaking down. However, trans fats are regarded as being bad news. A lot of evidence is available to suggest that they are linked with problems such as diabetes, cancer, obesity, coronary heart disease and they raise LDL cholesterol (low density lipoprotein which are the bad type) and lower HDL cholesterol (high density lipoprotein which are the good form). They may even have a bad effect on learning and memory. In 2002 the US National Academy of Sciences decided that the safe amount of trans

fats in the diet is none at all. There is no current research that shows that trans fats are not good for health in any way. All the oils that are healthy for you are liquid at room temperature, trans fats and saturated fats are not liquid and are not regarded as healthy. Unfortunately, in the U. S, if there is less than 0.5 g of trans fat in a serving of a food, it can be labelled on the packet as zero. But as a general rule it is safer to read the ingredients list on the product. Foods which are high in trans fats and which should be eaten less include: All baked products for example cakes and pastries Chips and crackers Fast food Cream from non dairy products Shortening Eating less of these foods will also help to weight and reduce belly fat.

Healthy foods explained in a little more detail

It's essential to eat the right foods if you want to lose a noticeable amount of belly fat. The most important thing is you need to eat meals containing lots of fruit and vegetables each day. There are also some foods that are known for their 'fat-fighting' abilities. This is because they are able to reduce your appetite and lower the amount of cholesterol in your body as they only generate healthy fats. The following foods are 'fat-fighters':

- Whole grain foods
- Oats
- Raw fruit
- Fresh vegetables
- Lean meats
- Egg whites
- Sea foods

If you are trying to reduce the amount of visceral belly fat around your abdomen, it's also important to eat lots of fat-free dairy products like skimmed yoghurt, skimmed milk etc. Another good tip is to eat a few sprouts with every meal (a bowlful should be plenty). Sprouts are great because not only do they make us feel full, but they can increase our body's calorie burning capacity more significantly than any other food. You can also make yourself feel full by consuming a bowl of soup or a light salad before, or with

your meal. Be sure to include protein rich foods in your meal too, and some whole grain bread (not white bread). Berries and nuts can also be eaten, either with meals or as snacks. Nuts are especially good as they have lots of healthy fats that can fight the bad fats in your abdomen.

Drink White Tea For A Flatter Tummy

White tea is grown in the Fujian province of China and is made from the delicate buds and younger leaves of the *Camellia sinensis* plant, similar to black and green tea. The buds and leaves are allowed to wilt in the sun and are then lightly processed to prevent oxidation that stops the tea processing further. This results in its characteristic flavour. It is called white tea because of the fine silvery-white hairs on the unopened buds, which makes it look white. Only the plucking of young tea leaves with a lot of fine hair can produce good quality white tea with lots of pekoe. White tea contains high levels of catechins, which have many health benefits. They reduce atherosclerotic plaques, reduce the risk of stroke, heart failure and cancer and also protect the skin from sun damage. Catechins lower cholesterol, decrease blood pressure and improve the functioning of blood vessels so decreasing the risk of cardiovascular disease. The tea has high anti-inflammatory, anti-collagenase and anti-elastase properties and so slows down the breakdown of collagen and elastin which occurs during aging and makes the skin saggy. White tea has been shown to protect animals from some pathogenic bacteria such as *Salmonella tryphimurium*. It also contains antioxidants which help the immune system in animals and humans. A study has revealed that white tea can help slow viral and bacterial growth especially of *Staphylococcus* infections, pneumonia, fungal growth and

dental plaque. Unlike green tea that is dried using high temperatures, white tea is dried naturally using sunlight or low temperatures. This preserves the antioxidants, which allows white tea to contain three times as many polyphenols as green tea, according to the Bodybuilding.com website. A study published in the journal Nutrition and Metabolism in 2009 showed that white tea increases lipolysis or the breakdown of your stored fat. This helps to reduce belly fat. White tea can also prevent adipogenesis, or the formation of fat cells. Therefore, drinking white tea can not only reduce belly fat but can also prevent it from forming and so produce a slimmer waistline.

How Green Tea can assist you to lose belly fat

Sugars and fats are synthesized into triglycerides in the body. This is normal in a society where people eat too much sugar and fat, they begin to see weight gain. This weight gain can be counteracted by the properties of the chemicals that reside within green tea. So what are these chemicals and how do they help?

Green tea helps to reduce your appetite

The catechins in green tea help to regulate your hormonal levels, specifically the epigallocatechin gallate (EGCG). This chemical causes a reduction in appetite as it causes the production of hormones that make you feel full. In turn this makes you feel less hungry, causes less sugar and fat to be consumed. This prevents you from taking in too much energy and storing it. Therefore, because of this chemical (which also acts as an antioxidant, decreasing senescence and having many anti-cancer properties) green tea can aid weight loss.

Green Tea Helps You Exercise Longer

Green tea causes an increase in blood noradrenalin levels. This means that you have more energy and are more alert. At the gym this will increase your productivity and help you burn more fat. At home, without doing any significant exercise, you will burn more brown fat cells causing a release in energy and a loss of weight. This is because the noradrenalin causes sugar to be oxidized and burnt off, you feel warmer as a result and this causes more energy to be burnt off whilst standing still!

Does green tea actually help you lose weight?

By supplementing your life style with green tea (drinking four or five cups a day) you will noticeably see a decrease in body fat without even thinking about it. The EGCG will cause a decrease in hunger, you will feel the need to eat less. The adrenaline produced in your body as a result of drinking this green tea will give you more energy and will make you feel more energetic as it stimulates the sugar to be oxidized releasing energy. This will make you feel more outgoing causing even more calories to be burnt. Lastly, the antioxidant properties of green tea will give you a more youthful feel and will make you feel generally happier which also causes you to burn more energy. By supplementing green tea in your diet, which can be bought at any convenience store, after a few weeks you will noticeably feel better and watch the weight come off.

Acai Berry- Weight Loss Potential?

Acai berries are the fruit produced by the Acai palm in Central and Southern America. They are a deep purple colour, similar in shape to grapes, but a little smaller. The fruit is produced in bunches of around 700 fruits and can
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be harvested twice a year. The fruits have been eaten for years by the indigenous people who live around the Acai palms and it provides them with almost half their intake of calories. Acai berries have recently become a worldwide phenomenon where people are purchasing vast quantities of the berry for the health benefits and acai berry weight loss potential. So what properties of Acai berries are causing this hype?

Health properties of Acai berries

Polyphenols and Anthocyanins: Acai berries are rich in these types of antioxidants. These antioxidants help to mop up free radicals in the body. Free radicals are produced as a bi-product of metabolism and as a result of exposure to UV light. By supplementing these acai berries in your diet, a lot of DNA damage can be prevented and this helps to slow the aging process making you feel younger for longer. **Essential fatty acids:** Acai berries contain large quantities of Omega – 3, Omega – 6 and Omega – 9. Correct ratios of these fatty acids will help prevent cardiovascular disease, high blood pressure and arthritis. **Amino Acids and Proteins:** the building blocks of all your body's cells. **Vitamins A, B1, B2, B3, C and E:** Essential vitamins that help regulate the cellular processes. **Potassium, calcium, copper, magnesium, and zinc:** Essential ions that enable sufficient enzyme activity. **B-sitosterol, campesterol and stigmasterol:** These sterols enable efficient digestion and help to maintain a healthy heart. **Fiber:** helps to make you feel more full for longer.

How Acai berries can promote your weight loss

Time and time again people fruitlessly try the latest diets and usually with no reward. This not only wastes your time, but it can also be very unhealthy; by <https://assignbuster.com/how-to-lose-belly-fat-health-essay/>

avoiding certain food groups in many of the latest diets, it can have negative side effects on your health. This is where the benefit of the acai berry weight loss occurs. Eating the acai berry (usually in a powdered form) can help boost your weight loss. It does this by providing you with these powerful antioxidants that help boost the body's metabolism. Not only this, but in conjunction with the amino acids, vitamins and minerals it helps to rejuvenate new cells, by destroying the old ones thus causing more calories to be burnt at a quicker rate. Therefore by having acai berries in your diet, not only will you increase the antioxidant levels of your cells (and therefore will live longer) you also will burn fat more efficiently. Not only this, but acai berries help to maintain stamina by increasing the efficiency of your metabolism due to the essential ions. By doing this, you are able to workout more effectively and for a longer period of time, thus you are able to burn more fat and therefore lose more weight. The acai berries should supplement your lifestyle, and in doing so you will see a real benefit in your health. The fiber aspect of the acai berry has two main benefits. Firstly, it helps to make you feel more full for longer. This means that you will feel less need to eat as much food during the day and as a result will burn off your reserve fat causing weight loss. Secondly, the fiber present in the acai berry helps to clear your digestive track and this increases digestion efficiency and enable more efficient metabolism; leading to weight loss. By supplementing your diet with acai berries, you will become increasingly aware of an improvement in your health. You will feel the need to eat less and have the capability to exercise more. This will in turn help you burn these extra pounds making you feel better about yourself. Your blood pressure will

return to normal levels due to the sterols and fatty acids and your body will age slower.

How to Lose Belly Fat by eating G. I. Foods

GI stands for Glycaemic Index and is a measure of how quickly foods are digested and enter the bloodstream. High GI foods are to be avoided because they raise the blood sugar levels quickly. This causes the pancreas to make insulin and insulin resistance may result, which can lead to diabetes type 2. You also become hungry more quickly. The maximum GI value based on pure glucose is 100. Low GI foods are less or equal to 55 Medium GI foods are between 56 and 69 High GI foods are equal to or greater than 70 Also high GI food + a low GI food = a medium GI value. By eating the right GI foods, not only can you lose weight including belly fat but also reduce the risks of developing high blood pressure, heart disease and diabetes. A low GI diet also means you eat less "bad" or saturated fats and trans fats. The correct GI diet also increases levels of serotonin, which makes you feel good. The following foods have a low GI index.

- Bran and porridge oats.
- Barley, buckwheat and bulgar wheat.
- Fruits such as berries, peaches, pears, plums and apples, but not prunes, dates and watermelon. Ripe fruit has a higher GI than less ripe fruit.
- Rhubarb.
- Whole grain rice but not white and brown rice.
- Most vegetables except potatoes when mashed, baked, roasted or fried. parsnips, swede and broad beans.
- Pasta- especially whole meal, but not gnocchi.
- Vinegar and lemon juice help reduce the GI value by slowing down how quickly the stomach empties.
- Big particles lower the GI value compared to smaller particles, which are more easily absorbed. In addition the following foods should be avoided because they have a high GI:

Breakfast cereals such as cornflakes and anything coated in sugar. • White bread, cakes, biscuits, buns, muffins, bagels, pancakes, and doughnuts. • All sugar, syrups, treacle and molasses. • Ketchup and sauces unless home-made with the correct ingredients. • No processed foods. Having chosen your foods carefully, take care to cook them properly so as not to reduce the health benefits. Ideally don't overcook as this can reduce the vitamin content. Steam cooking is best, but other methods can be improved upon, for example; Stewing or Braising – brown first and then put in the fridge to cool so that the fat hardens and can be removed. Microwave between absorbent paper towels to soak up the fat. Stir-frying- use a wok and a tiny amount of oil such as walnut oil. Non-stick woks are the best because oil isn't needed at all. Roasting- use a rack to let the fat drain and baste with non fat liquids such as wine or lemon juice, ground herbs, ground pepper or garlic. Grilling- use a rack to let the fat drain away. Poaching – use the smallest amount of liquid. Non-stick pans allow you to avoid oils and so reduce your calorie intake too. Canned vegetables should be avoided if possible but if using them it is best to rinse them first to remove the salty water. Trim the fat off meat and take the skin off poultry. Buy canned fish such as tuna in spring water rather than oil.

Best Exercises To Lose Belly Fat

NEW*Ex-Showroom Ab Trak Fitness Trainer/Exercise Machine Targets

Abdominals**What is the best exercise to lose belly fat? This is the multi-million dollar question for hundreds of people who are desperate to lose the extra pounds they are packing around the abdomen, but it's not one that is easily answered. Belly fat is fat just like any other fat on your body, and the

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only way to get rid of it is to burn it off. The objective is to get rid of those calories. After all, it's calories that caused the excess belly fat in the first place. Cardio and intensive strength training is the way to go. Strength training (lifting weights etc.) is one of the best things you can do to shift that pot belly, as there is nothing that boosts your metabolism quite so well. The muscle repair process following intensive strength training exercises is extremely energy intensive, and your body will require increased energy levels for between 24 to 48 hours following the session. Strength training produces hormones that burn fat as well, and these can aid you greatly. Not only that, but the muscles that you build up will also boost your metabolic rate. To do it seriously, you will need to perform three strength training sessions each week, with a rest between each session. Monday, Wednesday, Friday would be an ideal schedule. Strength training can be done by both sexes. Women should not have to worry about doing strength training exercises. A word of warning though, if you have never done these kinds of exercises before, prepare for quite some discomfort after the first couple of sessions. Your muscles will likely be sore due to you never having used them so strenuously, and this may take a few days before it reduces.

Interval Training

While steady-rate cardiovascular exercises are great from a health point of view, they are not the best from the point of view of trying to lose belly fat. Surprisingly, it is interval training that is the best exercise to lose belly fat. This is because our bodies can adapt very quickly to intensive cardio, and it's not possible for many to increase the intensity of their exercises when we have already been jogging for 20 minutes or more! Interval training is far

superior. When we perform this kind of cardio exercise, we are forced into exertion and we can easily measure the intensity of the exercises we are doing. Interval training is able to burn off belly fat like it is jet fuel.

Performing interval training is all about short bursts of activity and then rest. For example, if you are jogging, you should jog almost at a running pace for two or three minutes, really pushing yourself. Then slow down and walk for 2-3 minutes to recover. Make sure that you don't stop completely during this recovery phase, make sure you are constantly moving. You should repeat this cycle 9 or 10 times. Because this is such an intense form of exercise, it's only recommended that you do it once or twice a week. Note that because interval training is so intensive, it isn't a good idea for someone who has never exercised before to go wading into it. It's necessary to build up your fitness levels slowly until you are ready.

Leisure Activities

Believe it or not, one of the best exercise to lose belly fat is simple leisure activities, which should be combined with the above two exercises and performed as often as possible. Such things as walking or hiking, playing sports like football or tennis, and just generally being outdoors and on your feet as much as possible will be a great benefit for anyone who wants to lose those love handles. However, while these kinds of activities undoubtedly help, you will not lose belly fat through these alone, as your body is used to mild activities and won't burn the fat any faster. The idea is to use a combination of the first two activities – which work to shock your body – and then help things further along with regular activity throughout the week. Take part in leisure activities as often as you can, there really is no limit to

how much you can do. The only thing to remember is that the first two exercises are more important, and you should always find time in your schedule for them first of all. Think of these leisure activities as just a top up. By following these best exercise to lose belly fat guidelines, and sticking to the plan rigidly for at least two months, you will give yourself the best possible chance of losing belly fat. Don't forget that the key is to burn off the excess fat on your body in a way that is structured and organized.

Conclusion

It is difficult to completely eliminate the unhealthy food we eat due to the environment we live in, but by reducing our intake of these bad foods and replacing them with healthy and fat reduction foods and drink you can gradually reduce your body weight. The effects can transform you, a leaner and fitter body will reduce the effects of high blood pressure and cardiovascular illnesses. We are all different and have different lifestyles and preferred diets: It's a question of trying several options and selecting the most suitable food choices for you and having the commitment and focus to succeed. The same goes for the exercises, choose the exercises that work best for you and that fit in with your lifestyle.