

5 BELLY FAT BUSTERS

Do you want to get rid of your belly fat?

Check out these 5 simple ways to trim your waistline (and improve your health, too)!

1. **Increase fiber.** Whole grains, vegetables, fruits, beans, nuts and seeds allow you to fill up on fewer calories, stay full longer and eat fewer calories. Plus, fibrous foods improve how your body uses insulin, keeping your waistline in check.
2. **Decrease stress levels.** When the stress hormone, cortisol, is chronically high it can make you gain belly fat. Destress with exercise, sleep, and meaningful social interactions.
3. **Increase protein in all meals and snacks.** You'll not only boost metabolism a bit because protein has a higher thermic effect than carbs and fat, but fuel your muscle mass well. By eating fish, chicken, beans, lentils, yogurt, nuts and seeds you'll feel full longer, too.
4. **Cut back on sugary foods, especially drinks and juices.** Liquid calories don't make you feel full like food and all that sugar can increase insulin resistance.
5. **Don't drink too much alcohol.** Excess wine, beer and spirits can make you store abdominal fat.