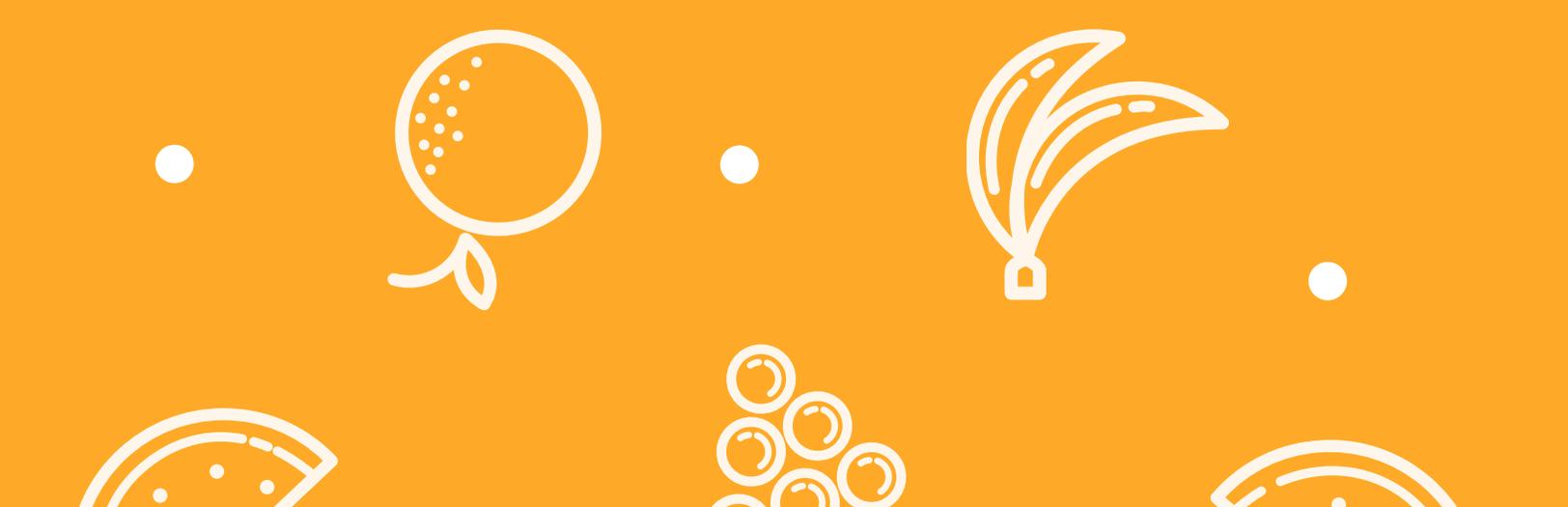




*Helping Women Thrive*

# LIST OF FOODS THAT CAUSE BELLY FAT

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Have you struggled with belly fat? Have you tried different diets and nothing has worked? Are you frustrated with the idea of a diet because you start one but can't reach your goal and you give up?

I have struggle with this for the past few years. I've tried different diets and even a fad diet and nothing seemed to work. I was starving all the time and never saw any results. I felt trapped watching everything that I ate and felt guilty if I went even a little off the diet. I was also starting to not feel well - dizziness and tiredness.

Something had to change! Why was this so difficult?

Then I did some research and realized that you need to go back to the basics. What foods cause belly fat? In my mind I always thought that fat on your body meant that you were eating too much junk food and not doing enough exercise. Did you know that there are hidden sugars in most processed foods? If you don't limit your daily sugar intake, your body doesn't process it and your body ends up storing it as fat. Those foods need to be avoided to lose that fat and lose weight.

This list of foods will really help you understand which foods to avoid when trying to lose belly fat. Study this list and then continue reading on for more information and tips,

FOODS	CAUSE FOR BELLY FAT	OTHER REASONS IT'S BAD	PICTURES
<p><b>processed foods: cooked, canned, frozen, packaged, or changed nutritionally</b></p>	<p>contains fat, sodium, and sugar</p>	<p>It effects fertility because they contain phthalates which is a chemical that can change how your hormones act in your body. This chemical is also responsible for some birth defects.</p>	
<p><b>bubbly drinks and soft drinks</b></p>	<p>slows down metabolism</p>		
<p><b>alcohol</b></p>	<p>increases appetite so you'll eat more</p>		
<p><b>chewing gum</b></p>	<p>increases stomach acid and makes you feel hungry</p>		
<p><b>sugar</b></p>	<p>causes the liver to get overloaded with fructose and so has to turn it into fat</p>		
<p><b>sugary beverages</b></p>	<p>causes the liver to get overloaded with fructose and so has to turn it into fat. There is more sugar in these drinks than your daily allowance of 6-9 teaspoons.</p>		
<p><b>carbohydrates</b></p>	<p>spikes blood sugar</p>		

<b>dairy</b>	calories	You could have an allergy to cow's milk so switching will help with digestion and get rid of bloating, gas, and cramps.	
<b>fast food</b>	high in calories, fat, sodium, and cholesterol	These can lead to health issues like heart disease, obesity, and high blood pressure. Eating fast food has been shown to increase headaches, cause acne breakouts, and increase your risk for depression. The acids found in this food can destroy tooth enamel and so you're at risk for more cavities. The calories increase obesity which can cause shortness of breath and wheezing, especially when your physical activity is zero. This type of food can also cause your insulin to spike which can eventually lead to type 2 diabetes.	
<b>white bread</b>	contains lots of added sugar and can spike sugar levels		
<b>fruit juice</b>	contains more sugar than your daily allowance		
<b>gluten</b>	wheat has been changed agriculturally and is not as healthy for you	Some gluten free products have high glycemin substitutes which should be avoided to lose weight or belly fat.	
<b>snack foods</b>	these fall under processed foods		

# Summary About What Bad Food Does to Your Body

A decorative graphic consisting of a long horizontal white line with three arrowheads pointing to the left on the left side and three arrowheads pointing to the right on the right side.

Bad food, or processed foods, increases your appetite and causes you to over eat. Your blood sugar can spike which can eventually lead to type 2 diabetes. Bubbly drinks and soft drinks slow down your metabolism and increase belly fat. Calories, fat, sodium, and cholesterol can lead to health issues like heart disease, obesity, and high blood pressure. Bad food has been shown to increase headaches, cause acne breakouts, and increase your risk for depression. The acids found in this food can destroy tooth enamel and so you're at risk for more cavities. The calories increase obesity which can cause shortness of breath and wheezing, especially when your physical activity is zero. Wheat has been changed agriculturally so many breads are not as healthy for you. Sodium can elevate your blood pressure. It also leaves you feeling bloated or puffy. Trans fats increase your bad cholesterol and decrease your good cholesterol. This puts you at risk for diabetes or heart disease. Saturated fats increase your cholesterol and make you more at risk for heart disease. Processed foods can also effect fertility because they contain phthalates which is a chemical that can change how your hormones act in your body. This chemical is also responsible for some birth defects.

So as you've read, there are so many reasons to stay away from these foods. Not just to lose the belly fat, but to keep you healthy and decrease the chance of having health problems.

Personally, I feel so much more educated as to WHY these foods are bad for you. I've always known (in the back of my head) they were bad, but I was uneducated and kept eating fast food and processed foods. I want everyone to know the risks of eating these foods. Now that I know this, I'll think twice about going through the drive through and decide to make healthy food at home for me and my family.

I hope this information was helpful. Now that you understand all this, make a meal plan or a list of meals you can eat while trying to lose your belly fat.

Now that you understand which foods to avoid, you can learn more about foods that aid in losing belly fat by clicking here.

Knowing this information, you can start the next step which is to make a meal plan. I've shown my meal plan below. You can make yours however you like. The way I made mine is that I thought about what I eat and like to eat and found ways to make them healthy. For instance I like spaghetti so I make it healthier by using whole wheat pasta and use less pasta sauce by adding in a can of diced tomatoes. I also love hamburgers so by having it on a whole wheat bun, grass fed beef, and limit the condiments, it's much better for you. To view more food ideas and tips click on the link below.

## FOODS TO GET RID OF BELLY FAT

LOSE THAT BELLY FAT MEAL PLAN							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	oatmeal & fruit	egg on toast	tortilla with banana & peanut butter	omlet with vegetables	whole grain cereal with milk	? (repeat or find new recipe on line)	? (repeat or find new recipe on line)
LUNCH	hamburger on whole wheat with avocado	chicken wrap with whole wheat tortilla	turkey sandwich on whole wheat	tortilla pizza on whole wheat tortilla	egg salad on whole wheat	? (repeat or find new recipe on line)	? (repeat or find new recipe on line)
DINNER	chicken breast & sweet potato	spaghetti with whole grain noodles	salad with fruit & chicken	chicken tacos	chicken breast with brown rice	? (repeat or find new recipe on line)	? (repeat or find new recipe on line)
SNACKS	green tea	1/2 cup of almonds	fruit	Greek yogurt with fruit	homemade smoothie	banana ice cream	

Have snacks listed too so when you're hungry again, you have a list to choose from. This keeps your from not being tempted to choose something not good for you.

# Tips and Thoughts to Help You Reach Your Goal

To help you stay on track and reach your goal, figure out what triggers your eating. Besides just hunger or wanting energy, do you eat when your depressed, stressed, worried, angry? Do you reward yourself with food? Do you eat poorly when out with friends and family or special gatherings? If you figure this out, you'll know when to try and stop yourself. Make a plan to have a distraction during those times. Have a healthy snack on hand to enjoy while others are having two pieces of cake at a coworker's party. Avoid the plate of donuts at work by avoiding the break room. If you feel like caving in, grab a protein or Fiber One bar.

When I was working and dieting, I asked coworkers to keep the sweets in another room or in a cabinet, so I wouldn't be tempted. Hopefully you work in an environment where you can make that kind of request. I found it very helpful. I find that telling people you're trying to lose some weight or that you're on a special diet, helps get people to support you and help. If you eat poorly at work, a close coworker may be able to encourage you and help eliminate temptations. If you eat poorly when out with friends and family, they might choose a healthier restaurant the next time you have a gathering, or make healthier options for the next party.

What I've noticed is when you show determination and stand behind your goals like changing your eating lifestyle to a healthy lifestyle, family, friends, and coworkers will see what choices you're making and be influenced by them. I've seen this in my family. Several years ago, my brother and sister-in-law became very healthy eaters. It was very difficult to adjust to their way of cooking because my sister-in-law became the main cook for family gatherings and prepared everything. There would be pretty much soup, bread, salad, veggies, and cheese, for every meal! And NO DESSERT!! It was tough to get used to. We could have started a protest to win back our meats and desserts, but we respected their choice and their eating habits grew on all of us. Slowly I noticed myself loving those simple healthy meals. It was quite a shock to show up for Thanksgiving one year to find only salmon! My jaw dropped but in the end it was delicious and I didn't miss the effects of a big turkey meal along with all the leftovers to eat!

I hope this information is helpful for you and will help you begin to change your eating habits to lose that unwanted belly fat. I wish you all the best in achieving your goal. Don't think of it as a diet, but a new eating lifestyle that will give you more energy, make you more healthy, and ultimately more joy and happiness in your life.

*-Jolene*

