

# Belly Fat Fighting Foods

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Courtesy of [Dr.BeckyFitness.com](http://Dr.BeckyFitness.com)

The foods below made the list of best foods to fight belly fat because:

They are foods you are most likely to eat

They have a low Glycemic Load (GL)

They are high in nutrients and/or fiber

**TIP:**

*If you must eat a piece of birthday cake or other sugary food, combine it with one or more of the foods from this list. The nutrients mix in your stomach and lessen the insulin spike that builds belly fat.*

**Fruits** fight belly fat with fiber, nutrient that slows the insulin spike. Choose from apples, berries (all kinds), cherries, grapefruit, kiwi, oranges, pomegranate, pears, plums and peaches. Limit your intake to no more than three servings a day.

**Vegetables** are packed with fiber and nutrients. The following veggies cause almost no insulin response: asparagus, broccoli, cauliflower, celery, cucumber, green beans, lettuce (any variety), mushrooms, onions, peppers, spinach, tomatoes and zucchini. Eat them all day!

**Beans** are a triple threat for fighting belly fat. They are packed with fiber, contain protein and have a low GL. Aim for at least a cup of beans a day (any variety).

**Lean Meats & Fish** as well as poultry, eggs and seafood do not have a glycemic index because they do not raise your blood sugar. These are good foods for burning belly fat, but choose those low in saturated fats (i.e. any variety of fish, seafood, poultry or eggs). If you must have red meat, choose sirloin or tenderloin (Memory Trick: *loin means lean*).

**Raw Nuts & Seeds** are packed with healthy fats that fight belly fat. The downside: they are also packed with calories. Don't eat them as snacks; instead add one handful (1 ounce/day) to salads or recipes. Keep them raw, the roasting process changes the beneficial fats!

Now you know what to eat, but how do you fit these foods into your day? The hard work of planning has been done for you. Get Dr. Becky's FREE [7 Day Junk Foods to Super Foods Challenge](#).

- Gets the Refined Foods Out and the Real Foods In
- Simplifies Weight Control
- 7 Days of Exactly What to Eat
- 13 Hand-Picked Healthy Recipes