

**Making Everything Easier!™**

**GETTING STARTED GUIDE**

# **Belly Fat**

**FOR  
DUMMIES®**  
A Wiley Brand

***Simple, effective strategies to help you***

- Shrink Belly Fat
- Improve Health & Dietary Habits
- Increase Physical Activity
- Look and Feel Great, Fast!

The background is a vibrant red color, covered with a repeating pattern of white icons. These icons include stylized leaves, forks, and plates with cutlery, all rendered in a clean, modern style. A large, wavy yellow banner cuts across the middle of the page, providing a contrasting background for the title and introductory text.

## ***The Belly Fat Diet***

With the Belly Fat Diet plan, you'll learn to think less about *diet* and more about *lifestyle change*. With incredibly simple, effective strategies to shrink belly fat and improve your health through easy modifications of your dietary and physical habits, you'll look good and feel better in no time.



# ***First Three Days:*** ***The Principles of the Belly Fat Diet***

The Belly Fat Diet shows you how to lose weight in a healthy way, without being ridiculously restrictive, and to learn how to manage your weight for life. As much as everyone wants to look good in jeans, being healthy is the most important thing. The Belly Fat Diet plan isn't a diet that you go on and off. Instead, it's a lifestyle change.

## ***Chuck the junk***

The first step to this lifestyle change is to cut temptation and remove all belly-busting foods from your pantry. Some items can be donated to a food pantry, shelter, or soup kitchen. Others should just be tossed in the trash.

### What to Donate

- ✓ Canned vegetables, soups, or meats
- ✓ White rice/flavored rice/white pasta
- ✓ Instant oatmeal
- ✓ Fruit juice
- ✓ Low-fiber cereals
- ✓ Vegetable oil

### What to Toss

- ✓ Butter
- ✓ Snack foods containing partially hydrogenated oils
- ✓ Processed, high-fat meats
- ✓ Pre-fried frozen foods
- ✓ Candy
- ✓ Carbonated beverages, including diet soda, seltzer, and club soda

## ***Eat more to lose more***

One of the main principles of the Belly Fat Diet is that you have to eat more. That's right; you have to eat more to lose more weight! And who doesn't want to eat more? I know I do! But you can't just start eating more of all foods. In fact, that type of uncontrolled eating would be a great way to end up gaining more weight and belly fat. Instead, you want to focus on eating more of the foods that help you get rid of belly fat. See the section on the first week of the diet, for guidelines on what types of food you should be scarfing down.

With the Belly Fat Diet, you eat more food than you were likely eating before, but this time you'll see the scale start moving in the right direction. And the best part of all? You won't be hungry! That's what makes the Belly Fat Diet so successful: You aren't hungry. And when you don't get hungry, you tend to have fewer food cravings, allowing you to stay on track.

## *Properly time your meals*



When you commit to the Belly Fat Diet, make sure to eat on a regular basis. If you wait too long in between meals or skip a meal or snack, you can sabotage your weight loss efforts. And, of course, excessive hunger is what leads to strong food cravings — and usually for the wrong types of foods.

The last time you were very hungry, did you a) cut the food you finally scrounged up into small bites, chewing each bite thoroughly and stopping when you reached the point of feeling satisfied but not stuffed, or did you b) wolf it down so fast you barely tasted it, leaving you feeling unsatisfied, which led to you looking for something else to eat? If you're like most folks, you went with option b.



Not only do small, frequent meals and snacks control appetite, but they also help boost your metabolism (a great perk)! I recommend not waiting more than three to four hours between meals and snacks. A simple snack, such as grabbing a small handful of raw almonds in between breakfast and lunch or munching a few raw vegetables in the afternoon, will suffice. The key is to simply prevent hunger from sneaking up on you. Aim to eat within an hour of waking up and then have a light meal or snack every three to four hours.

## *Stay active and increase your metabolism*

Exercise plays a large role in helping reduce belly fat, but the reasons may be different than you think. It helps to burn calories, which in turn can help promote weight loss. However, exercise also does the following:

- ✓ Plays a large role in stress reduction: Stress reduction impacts belly fat control by helping to reduce the stress response. Exercise also releases endorphins in the brain that help improve mood and decrease overall stress levels.
- ✓ Helps reduce insulin resistance: By reducing insulin resistance, your body can better handle sugar, perhaps allowing your pancreas to produce less insulin to keep blood sugar levels in check. This can also help with weight control.
- ✓ Boosts your metabolism: Physical activity not only boosts metabolism while you're moving, but it also affects your metabolism the rest of the day. When you strengthen and build muscle during exercise, especially during resistance exercise, you can rev up your metabolism all day long — even when you're sleeping.

*Belly Fat Diet For Dummies* by Erin Palinski-Wade includes a whole workout regime tailored to helping you on your way to a flat belly.



## First Week: Getting an Overview of the Belly Fat Det

You must transition yourself to a belly-flattening lifestyle to gradually lose visceral fat and keep it off for good. The first thing you need to know is that getting rid of belly fat and keeping it off is a lifestyle change, not a traditional diet, so be prepared for some changes. The second thing to know is that you will make mistakes! You will probably eat something unhealthy, but don't worry. Just because you make a mistake doesn't mean you've ruined the diet. Just start eating healthy again. You're only human after all.



### The Belly Fat Diet

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## Fighting belly fat by eating the right foods



As you transition into a belly-flattening lifestyle, you need to make a few key dietary changes. The more regularly you stick with these changes, the better your results. The following are some general guidelines to follow:

- ✓ Consume an adequate amount of lean protein. Lean proteins — which include animal proteins like chicken breast and fish as well as plant-based proteins like tofu and beans — are what make up the majority of your muscle. Without enough dietary protein each day, you may begin to lose muscle mass as you lose weight, which can slow your metabolism. I recommend including a source of lean protein at each meal to help you feel satisfied and avoid cravings.
- ✓ Eat whole grains and avoid refined carbohydrates. Whole-grain carbohydrates help fight belly fat, and refined carbohydrates increase it. So the key is to identify which carbs are whole grain and which are refined. When trying to find whole-grain products, you need to look closely at the packaging. Look for the words “100%” followed by a grain on the product packaging. If your product says “100% whole wheat,” for example, you're getting all parts of the grain, or a whole grain product.
- ✓ Consume an adequate amount of healthy fat each day. Don't worry. Dietary fat doesn't equal belly fat. In fact, it's actually the opposite! Healthy fats in the diet, mainly monounsaturated fats and omega-3 fatty acids, have been shown to help promote a decrease in belly fat. But portion control is still key here. Even though these fats are healthy, they're still rich in calories. Fats have the added benefit of making you feel fuller and satisfying cravings.

- ✔ Increase your intake of whole fruits and vegetables. Vegetables and fruits are not only rich in filling fiber, but they're also loaded with antioxidants and phytochemicals. Certain antioxidants, such as vitamin C, have been linked with reducing belly fat by helping to regulate stress hormones in the body. They're also rich in minerals like potassium, which helps to expel excess water from the body, slimming the belly.
- ✔ Consuming an adequate amount of dairy products, such as milk and yogurt, is important to your success with your Belly Fat Diet plan. Dairy products are packed with whey, a protein that helps promote the formation of lean body mass (which in turn helps you burn more calories). Because dairy contains a high level of protein, it helps keep you feeling full and satisfied. Choose dairy products that are low fat and from grass fed animals.
- ✔ Drink up! Drinking at least 8 cups of water per day helps keep you hydrated, gives you increased energy, and helps prevent water retention that can bloat your belly. Drinking adequate amounts of fluid also helps with appetite regulation, promoting weight loss.
- ✔ Limit your salt intake. Due to the negative impact of sodium on your health as well as your belly, try to keep your daily sodium intake to 2,000 milligrams or less per day (keep it under 1,500 milligrams per day if you have high blood pressure).

## *Trimming your portions to trim your waistline*

To help you balance your food intake and stay within the recommended portions per day without feeling hungry or deprived, you have a couple strategies to use:

- ✔ Try using smaller plates. Many times you can eat with your eyes rather than your stomach. When using a large plate, you may fill your plate so it looks visually appealing, even if that amount is more food than you truly need. Using a smaller plate, such as a salad plate rather than a dinner plate, is a great way to trick yourself into thinking that your plate is full even though you're filling it with smaller amounts of food.
- ✔ Visualize your plate divided into four equal sections. Fill two of these sections with nonstarchy vegetables, one section with lean protein, and the last section with a whole grain starch. By doing so, you have filled your plate. But half of your plate is filled with low-calorie, but quite filling, vegetables, helping you keep your portions of protein and starch in check.



## ***First Month: Living the Belly Fat Diet***

When trying to lose weight, eating on a whim can throw you off track. So the first thing you should do is rid your house of food that isn't going to help you on your way to a flat belly. Go through your kitchen and examine everything, either discarding food that doesn't work or giving it to a friend or food pantry if appropriate. Do check with your family before you do any of these things!

After that, plan out your meals and snacks in advance. This preparation not only helps keep you focused on making the right food choices, but it also helps you to know what foods you need to have on hand. Planning out your meals in advance is a great way to create your shopping list for the week as well.

### ***Shopping for belly-friendly foods***

After you've cleaned house and removed all the foods that could potentially hurt your belly-busting efforts, you can stock your house with all the belly-friendly foods that keep you on track and help you successfully reach your flat belly goals.

Consider stocking up on these belly-flattening foods:

- ✓ Fat-free or low-fat milk
- ✓ Fat-free or low-fat yogurt
- ✓ Plain fruits and vegetables (fresh or frozen varieties)
- ✓ Whole eggs and liquid egg whites
- ✓ Steel-cut oats
- ✓ Whole grains, such as whole-wheat pasta, brown rice, and quinoa
- ✓ Green tea
- ✓ Almonds or almond butter, walnuts, and pistachios
- ✓ Beans and lentils
- ✓ Olive oil
- ✓ Apple cider vinegar
- ✓ Dark chocolate (at least 70 percent cocoa)



Before you run out to the grocery store, ask yourself these questions:

- ✓ What are the foods I absolutely can't live without? If you crave certain foods all the time, ask yourself whether these foods are those that promote belly fat or help to shrink it. If they shrink belly fat, plan to stock up on them. However, if the foods promote the storage of belly fat, don't panic! You can find healthy alternatives to these foods in *Belly Fat Diet For Dummies*.
- ✓ Are there certain foods that my family loves to have on hand? Chances are your family has its favorites, whether it's chips, ice cream, or pickles. If these tempting foods sabotage your belly-flattening efforts, don't despair, instead check out *Belly Fat Diet For Dummies*.
- ✓ Which of the belly-flattening foods are your favorites? Keep these foods in mind as you start to build your belly-flattening shopping list.

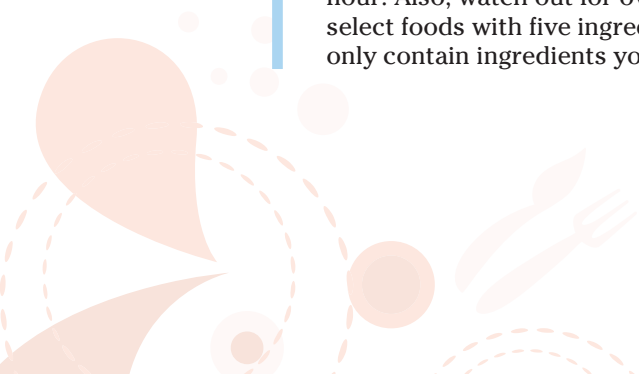


If you need help generating healthy grocery shopping lists, check out [dummies.com/go/bellyfat](http://dummies.com/go/bellyfat). There you'll find articles with great ideas for stocking both your fridge and pantry.

## *Navigating the store*

You have your list and are ready to start shopping. But first, make sure you know the simple tricks that can help you make the healthiest choices while you're at the grocery store. Consider the following:

- ✓ Don't go grocery shopping hungry. When you're hungry, everything looks good, especially the foods that can expand your belly. So you'll more than likely come home with way more food than you planned to buy and very likely with many more unhealthy choices. Your best bet is to ward off hunger, cravings, and temptation by having a snack before heading to the store.
- ✓ Shop the perimeter. The perimeter of the store is where you find fresh vegetables and fruit, lean proteins like fish and chicken breast, and yogurt, milk, and eggs. Belly expanders, such as cookies, cakes, and chips, reside in the center aisles, so skip these if you can.
- ✓ Don't forget to read the labels while you're in the store. You may have written whole-wheat bread on your shopping list, but make sure when you go to purchase it, it's truly whole grain and not just enriched wheat flour or loaded with added sugars like high-fructose corn syrup. Flip the bread over, look at the label, and make sure the first ingredient is whole-wheat flour. Also, watch out for overly processed foods that seem healthy. Aim to select foods with five ingredients or less. At the very least, select foods that only contain ingredients you can pronounce and recognize.







## ***Belly friendly recipes***

People starting a new diet often need some help picking out foods that match their diet plan. Or some help knowing how to prepare old favorites in a healthy way, so we've included some recipes to get you started. You can also check out *Belly Fat Diet For Dummies* for more recipes.

# Waistline-Slimming Omelet

**Prep time:** 5 min • **Cook time:** 10 min • **Yield:** 1 serving

## Ingredients

**Nonstick cooking spray**  
**1/4 cup (40 g) chopped onion**  
**1/4 cup (40 g) chopped chili peppers (canned or fresh)**  
**1 egg**  
**1/4 cup (60 mL) liquid egg whites (or 2 egg whites)**  
**1/4 cup (22 g) grated Parmigiano-Reggiano cheese**

## Directions

- 1** Spray a large sauté pan with nonstick cooking spray and sauté the onions and chili peppers until tender. Remove from the pan and keep warm. (If you prefer crunchy vegetables, leave the onions and peppers uncooked.)
- 2** Spray the pan with nonstick cooking spray again and place over medium heat.
- 3** Whisk together the whole egg and the liquid egg whites (or egg whites). Add the egg mixture to the prepared sauté pan.
- 4** Allow the eggs to slightly firm, and then top with the onions, peppers, and grated cheese.
- 5** Gently fold over the egg to create an omelet. Flip once to allow for even cooking.

**Per serving:** Calories 226 (From Fat 100); Fat 11g (Saturated 5g); Cholesterol 198mg; Sodium 548mg; Carbohydrate 8g (Dietary Fiber 1g); Protein 23g.



# Kale Caesar Salad

*Classic Caesar salad uses romaine lettuce, but this flat-belly version uses nutrient-rich kale. The recipe calls for Tuscan kale (also called dinosaur or lacinato kale), which has long, dark blue-green leaves. Turn this salad into a comforting entree by topping it with warm grilled chicken.*

**Prep time:** 10 min • **Cook time:** 15 min • **Yield:** 4 servings

**1 cup (150 g) diced day-old wholegrain baguette**

**1 tablespoon lemon zest**

**½ teaspoon crushed red pepper flakes**

**½ tablespoon lemon zest**

**1 clove garlic**

**¼ cup (40 g) silken tofu, patted dry**

**2 tablespoons olive oil**

**4 tablespoons lemon juice**

**⅛ teaspoon kosher salt**

**6 cups (900 g) chopped dinosaur kale leaves**

**½ cup (45 g) Parmesano-Reggiano cheese, for garnish**

**1** Preheat the oven to 400 degrees (200°C). Line a baking sheet with parchment paper, and evenly space the baguette pieces on the sheet.

**2** Mist the baguette pieces with cooking spray or olive oil, and sprinkle with red pepper flakes and lemon zest. Bake for 15 minutes.

**3** In a food processor or blender, mince the garlic. Add the tofu, olive oil, lemon juice, and salt, and process until smooth.

**4** In a large bowl, massage the dressing into the kale leaves to soften up the kale. Stir in baguette pieces and garnish with cheese.

**Tip:** Turn this salad into a comforting entree by topping it with warm grilled chicken.

**Per serving:** Calories 317 (From Fat 111); Fat 12g (Saturated 3g); Cholesterol 11mg; Sodium 617mg; Carbohydrate 40g (Dietary Fiber 3g); Protein 15g.



# Hummus and Avocado Sandwich

**Prep time:** 7 min • **Yield:** 2 servings

## Ingredients

**4 slices 100% whole-grain bread**  
**1 avocado, pitted and sliced**  
**1 teaspoon black pepper**  
**1 tablespoon fresh chopped cilantro (coriander)**  
**4 tablespoons hummus (homemade or store-bought)**  
**½ cup (75 g) chopped cucumber**  
**1 medium tomato, sliced**  
**1 tablespoon balsamic vinegar**

## Directions

- 1** Toast the bread. While the bread is toasting, mash the avocado with a fork in a small bowl. Mix in the black pepper and cilantro (coriander).
- 2** Spread 2 tablespoons of the hummus over two of the slices of bread. Then top each slice with half of the mashed avocado.
- 3** Sprinkle the chopped cucumber over the avocado and top with a few slices of tomato. Drizzle balsamic vinegar over the tomato. Top each with a toasted slice of bread.

**Tip:** For extra flavor and belly-fighting goodness, try a sprouted bread instead of whole-wheat.

**Per serving:** Calories 345 (From Fat 158); Fat 18g (Saturated 3g); Cholesterol 0mg; Sodium 365mg; Carbohydrate 42g (Dietary Fiber 14g); Protein 11g.



# Hot and Spicy Vegetarian Chili

*This vegetarian chili only takes five minutes of prep time, but then it cooks for 60 minutes. The following recipe makes 6 servings of chili; you can adjust the recipe to feed more or less.*

**Prep time:** 5 min • **Cook time:** 60 min • **Yield:** 6 servings

## Ingredients

2 tablespoons olive oil  
3 garlic cloves, finely chopped  
1 green bell pepper, chopped  
1 red bell pepper, chopped  
1 medium green onion (spring onion), finely chopped  
3 large celery ribs, chopped  
One 28-ounce can (one 800 g can or two 400 g cans) no-salt added diced tomatoes  
1 recipe Chili Seasoning (see the following recipe)  
4 cups (950 mL) water  
2 cups (300 g) red kidney beans, cooked and drained (or one 16-ounce can (400 g), rinsed and drained)  
2 cups (300 g) cannellini beans, cooked and drained (or one 16-ounce can (400 g), rinsed and drained)  
1 cup (150 g) black beans, cooked and drained (or one 8-ounce can (200 g), rinsed and drained)  
1 jalapeño, chopped

## Directions

- 1 In a large stockpot, add olive oil over medium heat. Add the garlic, bell peppers, onion, and celery, and cook until the vegetables are softened, about 8 to 10 minutes.
- 2 Add the tomatoes, Chili Seasoning (see the following recipe), and 4 cups (950 mL) of water and stir. Allow to simmer over medium heat for 20 minutes.
- 3 Stir in the kidney beans, cannellini beans, black beans, and the jalapeño (seed the jalapeño if you want less heat to the chili), and allow to simmer for an additional 30 minutes.

## Chili Seasoning

### Ingredients

1 tablespoon chili powder	1 teaspoon onion powder
1 teaspoon turmeric	2 teaspoons ground cumin
2 teaspoons black pepper	1 teaspoon salt
1 tablespoon crushed red pepper flakes	1 teaspoon paprika
1 teaspoon garlic powder	1 teaspoon dried oregano

### Directions

- 1 In a small bowl, combine the chili powder, turmeric, black pepper, red pepper flakes, garlic powder, onion powder, cumin, salt, paprika, and oregano.

**Per serving:** Calories 302 (From Fat 55); Fat 6g (Saturated 1g); Cholesterol 0mg; Sodium 488mg; Carbohydrate 50g (Dietary Fiber 15g); Protein 16g.

# Low-Calorie Chicken Parmesan

**Prep time:** 15 min • **Cook time:** 35 min • **Yield:** 4 servings

## Ingredients

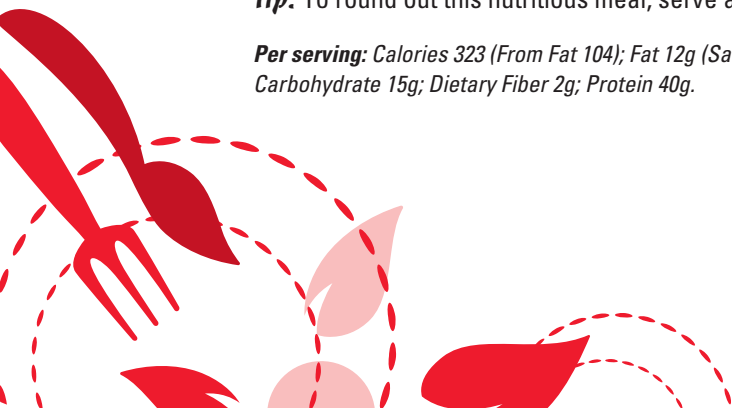
**1 cup (240 mL) tomato paste**  
**2½ tablespoons minced garlic**  
**1 tablespoon olive oil**  
**1 cup (60 g) whole-wheat breadcrumbs**  
**2 tablespoons Parmesan cheese**  
**1 tablespoon minced garlic**  
**1 tablespoon dried basil**  
**Four 5-ounce (140 g) skinless, boneless chicken breasts**  
**Nonstick cooking spray**  
**1 cup (90 g) shredded low-fat mozzarella cheese**

## Directions

- 1** Preheat the oven to 400 degrees (200°C).
- 2** Make the tomato sauce by bringing the tomato paste to a simmer in a small saucepan. Add the minced garlic and olive oil, and allow it to simmer for 2 minutes. Remove from the heat and set aside.
- 3** In a large bowl mix together the whole-wheat breadcrumbs, Parmesan cheese, garlic, and basil.
- 4** Spray each chicken breast with nonstick cooking spray. Dip each breast into the breadcrumb mixture to cover, and then place into a glass casserole dish that has been sprayed with nonstick cooking spray.
- 5** Pour the tomato sauce over the chicken breasts to coat evenly. Place the dish in the oven, and bake for 25 minutes.
- 6** Remove the chicken from the oven and sprinkle mozzarella cheese evenly over the top of the chicken. Place it back into the oven and cook for another 10 minutes, or until it reaches an internal temperature of 165 degrees (75°C).

**Tip:** To round out this nutritious meal, serve alongside vegetables and whole-grain pasta.

**Per serving:** Calories 323 (From Fat 104); Fat 12g (Saturated 4g); Cholesterol 92mg; Sodium 338mg; Carbohydrate 15g; Dietary Fiber 2g; Protein 40g.



# Belly-Blasting Trail Mix

**Prep time:** 3 min • **Yield:** 8 servings

## Ingredients

**4 cups (360 g) high-fiber cereal**  
**1/4 cup (40 g) halved unsalted peanuts**  
**1/4 cup (40 g) sliced unsalted almonds**  
**1/2 cup (75 g) dried cranberries**  
**1/2 cup (75 g) dried blueberries**  
**4 tablespoons dark chocolate chips (at least 70% cocoa)**

## Directions

- 1** In a large bowl, mix together the cereal, peanuts, almonds, dried fruit, and chocolate chips. Store the trail mix in an airtight container.

**Tip:** This high-fiber, antioxidant-rich mix provides belly-burning monounsaturated fats and is perfect for portioning out into separate containers for an easy, on-the-go snack.

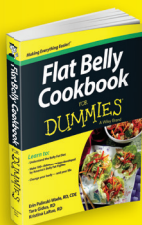
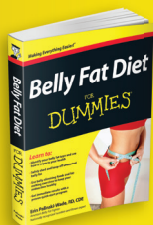
**Note:** You can use any high-fiber cereal you enjoy. Just make sure it has at least 5 grams of fiber and less than 10 grams of sugar per serving. Fiber One 80 is a favorite of mine as well as Kashi Go Lean Original Cereal and Kellogg's All-Bran.

**Per serving:** Calories 190 (From Fat 58); Fat 7g (Saturated 2g); Cholesterol 0mg; Sodium 131mg; Carbohydrate 44g (Dietary Fiber 17g); Protein 5g.



# Other Resources

## Belly Fat Diet Resources



### Books for Fitness & Healthful Living

Weight Training For Dummies, 4th Edition  
Mindful Eating For Dummies  
Yoga For Dummies, 3rd Edition  
Fitness For Dummies, 4th Edition  
Kettlebells For Dummies  
Mind-Body Fitness For Dummies  
Mindfulness For Dummies  
Cross-Training For Dummies  
Core Strength For Dummies  
Heartburn and Reflux For Dummies  
Pilates For Dummies  
Exercise Balls For Dummies  
Running a Marathon For Dummies

### Belly Fat Diet Recipes

Find delicious recipes such as these four and more!  
Blueberry Breakfast Salad  
Curried Couscous  
Creamy Lentil Soup  
Caramel Apple Crisp (Yes, you read that correctly!)

### Belly Fat Diet Cheat Sheets

Fighting Belly Fat by Eating the Right Foods and  
Avoiding Foods That Cause Belly Bloat

### Belly Fat Diet Articles

Recommended Fat Portions for the Belly Fat Diet  
What Is Belly Fat?  
Gradual-Change Plan, Level 1: Sample Week Meal Plan  
for Women  
7 Top Belly Fat-Fighting Foods (Spoiler: Red wine is on  
the list!)  
Dozens more articles to help you make sense of the Belly  
Fat Diet can be found [here](#)

### Books for Nutrition and Diet

Boosting Your Immunity For Dummies  
Boosting Your Metabolism For Dummies  
Plant-Based Diet For Dummies  
Preventing and Reversing Heart Disease For Dummies  
Probiotics For Dummies  
Organic Gardening For Dummies, 2nd Edition  
Cooking with Chia For Dummies  
Juicing and Smoothies For Dummies  
Ayurveda For Dummies  
Cooking with Quinoa For Dummies  
The Calorie Counter For Dummies  
Green Smoothies For Dummies  
Gluten-Free Cooking For Dummies, 2nd Ed.  
Gluten-Free Baking For Dummies  
Living Gluten-Free For Dummies, 2nd Ed.  
Pressure Cookers For Dummies, 2nd Ed.  
Living Wheat-Free For Dummies  
Mediterranean Diet Cookbook For Dummies  
Mediterranean Diet For Dummies  
Plant-Based Diet For Dummies  
Cooking with Spices For Dummies  
Celiac Disease For Dummies  
Diabetes Meal Planning and Nutrition For Dummies  
Macrobiotic For Dummies  
Paleo Cookbook For Dummies  
Beating Sugar Addiction For Dummies  
Detox For Dummies  
Glycemic Index For Dummies  
IBS For Dummies