

The Flat Belly Diet Review

The Flat Belly Diet is a new healthy eating regime that has recently attracted a lot of attention because of its low fat, lower calorie approach to developing better eating habits. The concept of dieting has long been criticised as a short term answer to weight loss without real results, but the Flat Belly Diet has taken a different overture by promoting a lifestyle change rather than a 4 week diet.

The diet focuses on calorie watching, detoxifying jumpstarts and introducing a monounsaturated fat (MUFA) with every meal. The essence of the diet is to encourage you to teach your body to become accustomed to a healthy way of living, eating and managing your weight loss. This is cemented by participants keeping a food journal to record what they eat and how they felt after meals, showing that low fat options and healthy eating plans actually leave you sustained for longer and help you shed kilos fast.

The diet begins with a lower calorie week, eating a lot of fibre rich, non-bloat-inducing foods to get the body to detoxify and kick start the weight loss. This is followed by the 300 – 400 calorie a meal eating program which includes a MUFA in every low fat meal option. Most of the meals are based on a Mediterranean style of eating with fresh vegetables, fruit, legumes, lean protein and whole grains.

The key to the diet's success has been attributed to the inclusion of the MUFAs as low calorie, heart healthy fats that encourage weight loss, especially in the abdominal area. Monounsaturated fats have been found to lower the risk of heart disease and strokes. They are fats which do not have hydrogen atoms at every available bonding site in the molecule and this is what makes them healthier for the body. Examples of these are: olives and olive oil; seeds and nuts like cashews, sunflower seeds, almonds and sesame seeds; avocados and avocado oil; peanut butter and canola oils.

The Flat Belly diet promises participants they will lose “up to 15 pounds in 32 days” even without the option of exercise and this would make it attractive to many overweight people who generally shy away from a lot of exercise. While most test subjects did not lose as much as this, the addition of an exercise program would go further in helping dieters lose more pounds in the 4 week program. This

could be something as simple as walking for 20 minutes three times a week, helping to get the heart rate up, burning more unwanted calories.

As a low fat eating plan, the Flat Belly Diet has proven itself to be effective, but the core of the diet is to rather introduce people to a low fat and healthy way of living, a healthy eating regime that becomes part of everyday life. In the long run this is what will help drop the weight and most importantly, keep it off.