

Making Everything Easier!™

Belly Fat Diet

FOR
DUMMIES®

Learn to:

- Shed unwanted belly fat
- Discover the foods and exercises that keep your midsection healthy
- See results within days

Erin Palinski



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Belly Fat Diet For Dummies®

Visit

www.dummies.com/cheatsheet/bellyfatdiet to
view this book's cheat sheet.

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Cheat Sheet

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by Erin Palinski-Wade, RD, CDE



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About the Author

Erin Palinski-Wade, RD, CDE, and “America’s Belly Fat Fighter!” is a nationally recognized nutrition and fitness expert who has contributed her expertise to media outlets such as the *CBS*

Early Show, The Doctors, ABC News, CBS News, News 12, Fox News, Fitness Magazine, Consumer Reports, Chicago Tribune, and Prevention Magazine. She is the author of two weight loss curriculums for health professionals including the “[Healthy 'n' Fit Pediatric Weight Management Program](#)” and the “[Healthy Resolutions Weight Management Program](#).”

Erin runs a private practice in New Jersey, the Vernon Nutrition Center, where she provides in-office as well as telephone and Internet-based nutrition counseling and coaching. She also frequently serves as a media spokesperson and motivational and keynote speaker, and often partners with food companies and corporations as a nutrition consultant.

Erin is a Registered Dietitian, Certified Personal Trainer, and Certified Diabetes Educator. She currently serves on the Dietetic Internship Advisory Board for the [College of Saint Elizabeth](#) and has been appointed to the [ZiggityZoom.com](#) advisory board as the nutrition and obesity expert. Erin focuses on providing practical, realistic advice that allows you to not only start seeing results instantly but more importantly, maintain results permanently!

Dedication

This book is dedicated to all those individuals who have ever struggled with their weight and have shown through hard work, dedication, and perseverance that you can achieve your goals.

This book is also dedicated to my incredibly loving and supportive family — without your constant support and belief in me, this book would not have been possible.

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Introduction

How many people do you know who are 100 percent satisfied with how their stomach looks? Not many, right? Who wouldn't want a flatter stomach, defined abs, and a slim, toned appearance? In today's society, waistlines are expanding at epidemic proportions. And although folks give belly fat cutesy names like "muffin-top" or "beer-belly" or "love handles," there's nothing cute about it!

Belly fat not only looks less than desirable, but it also can have very real and very dangerous health implications. The latest research links belly fat to everything from heart disease and type 2 diabetes to certain cancers and even an increased risk of dementia. And, sadly, more individuals today are overweight than not, so something needs to change.

What if you could quickly and effectively shed this excess belly fat and keep it off for good? And what if you were able to eat delicious food while doing it? Sound too good to be true? Well, it isn't!

Throughout *Belly Fat Diet For Dummies*, I show you simple, yet incredibly effective, strategies to shrink belly fat, improve your health and dietary habits, increase your physical activity, and have you looking and feeling great in no time. I help you break through common misconceptions and myths and show you what really works in the fight against belly fat. Whether you have more than 100 pounds to lose or just need to shed that last 5 pounds, I show you what works best for you so you can be successful for life. Get ready to say bye-bye to belly fat forever!

About This Book

Just as no two individuals are exactly alike, no two individuals lose weight in the exact same way either. So fad diets and cookie-cutter weight loss plans usually don't work for most people. But *Belly Fat Diet For Dummies* solves this problem! Throughout this book, I help you discover exactly what caused you to gain your belly fat and what customized plan is best for you to lose your belly fat, achieve your ideal body weight, and keep the weight off permanently! I don't include any one-size-fits-all plans here. Instead, I offer realistic, practical, and individualized advice that can have you achieving your goals in no time.

What also sets this book apart from other weight loss plans is the attention given to weight maintenance. Have you lost weight before only to regain it? You're not alone! In fact, most dieters don't maintain the weight they have lost for more than a year. But in this book, I show you why most people regain their weight and what steps you need to take to permanently keep your weight (and belly!) off.

The cherry on top is that this book contains more than 40 delicious and easy-to-make recipes as well as individualized meal plans, detailed maintenance plans, and extensive exercise routines to blast away belly fat for everyone from the couch potato to the advanced exerciser.

My guess is that if you have tried unsuccessfully to lose belly fat in the past, you may struggle with specific areas, such as food cravings or eating out. Instead of reading this book in order page by page, you can instead skip right to the areas you need to focus on the most. That's right, you don't have to start with Chapter 1 and read straight through to get the benefits. This book is set up so you can read it in any order that appeals to you and still get all the information you need to achieve the flat belly of your dreams.

Conventions Used in This Book

Although I hear the word repeatedly throughout the day, I really hate the word “diet.” A diet is something you go on and off again. But going back to your old habits gets you nowhere. It just helps you gain back all the weight you lost, which is bad for your health (maybe even worse than being overweight in the first place). Even though the word “diet” is used in this book title and throughout the book, I want you to think of it in a different way than you normally would. The Belly Fat Diet isn’t a diet to go on and off; it’s a lifestyle.

Because the Belly Fat Diet is something you put into effect for life, I stress throughout this book that slip-ups and occasional splurges are fine. I even encourage them! If you don’t deal with slip-ups every now and then, you won’t learn how to successfully maintain your weight loss in the long term. So when you see the word “diet” throughout this book, remember that it refers to a lifestyle change, not the unrealistic goal of eating perfectly (which can’t be maintained).

Here are a few other conventions that I also put to use throughout this book:

- ✔ New or technical terms appear in *italics* and are followed by a definition.
- ✔ **Bold** indicates the action part of numbered steps and highlights the key words in bulleted lists.
- ✔ Web addresses are set in monospace so you can easily spot them.

- ◉ The tomato icon to the left of this paragraph appears next to the titles of vegetarian recipes in the “Recipes in This Chapter” lists at the beginning of chapters that include recipes.

When this book was printed, some web addresses may have needed to break across two lines of text. If that happened, rest assured that I haven’t put in any extra characters (such as hyphens) to indicate the break. So when using one of these web addresses, just type in exactly what you see in this book, pretending as though the line break doesn’t exist.

What You’re Not to Read

I’ve packed this book full of helpful information on losing belly fat, maintaining weight loss, and making healthy lifestyle changes. However, throughout the book, I include some additional reference material, fun facts, and technical info. These tidbits are highlighted as sidebars (gray shaded boxes) or are marked with the Technical Stuff icon. This information helps to enhance your overall understanding of belly fat and provide you with more background information, but you can skip over it without missing anything essential.

Foolish Assumptions

I didn’t want this book to be overweight, so when I sat down to write it, I made some assumptions about you, the reader, so I could narrow the focus and give you only what you need. Here are the assumptions I made:

- ✓ I assume that you have excess belly fat you want to lose.

- ✔ I assume that you're ready to get in the best shape of your life and that you're committed to making some lifestyle changes to get you there.
- ✔ I assume that, like me, you love food and want a book that provides you with recipes for great-tasting meals, snacks, and desserts that can also help you lose your gut.
- ✔ I assume that like most people you have a hectic lifestyle and, even though you're serious about wanting to lose your belly and get healthy, you don't have hours and hours every day to commit to it, so you want simple plans that are easy to implement and stick with.

How This Book Is Organized

Belly Fat Diet For Dummies is organized into five specific parts to help make it easy for you to find the information you're looking for. Here's a brief description of what you can find in each part of the book.

Part I: The 4-1-1 on Belly Fat and the Skinny on the Diet

Part I starts by breaking down what belly fat is, what causes an excess of it, and what impact it can have on your health. In this part, I also help you identify your body type, which is vital to knowing exactly how to effectively shrink your belly. I also show you how to determine whether you have excess belly fat (even if you're at a healthy body weight!) and how to know when you've achieved a healthy waistline. I wrap up the part by outlining the principles of the Belly Fat Diet plan and whom it's appropriate for.

Part II: Working Your Way to a Flatter Belly

I start this part by helping you get prepared for your Belly Fat Diet plan so you can be as successful as possible. Next, I describe the key components of your plan and outline the various plans, including how to determine what plan is most appropriate for your needs. This part also provides you with specific meal plan guidelines and sample meal plans.

This part closes with a chapter on belly-blasting workout routines. First I explain the impact that exercise has on belly fat and provide you with simple strategies to help you get moving, regardless of your exercise history. Then I provide you with a detailed workout plan and effective exercises (complete with detailed descriptions and pictures) that blast belly fat and tone and tighten your abs.

Part III: Cooking Up Some Healthy and Tasty Recipes

What's the point in trying to lose weight and shrink your belly if you can't enjoy yourself while you do it? Right. There is no point in that. Part III starts off by helping you understand how to stock and prepare your kitchen and pantry so you can be successful while saving time, money, and energy.

The remaining chapters in the part provide you with delicious and easy-to-prepare recipes that you're sure to love. The best part is that the recipes are great for your whole family, so you won't have to prepare separate meals to be successful.

Part IV: Overcoming Obstacles and Managing Your Progress

Losing weight is never easy, but keeping it off can be even more difficult. That's why Part IV addresses the most common challenges and pitfalls that can throw you off track when following your Belly Fat Diet plan. This part addresses specific dietary concerns, such as dealing with cravings and emotional eating, handling boredom with your meals, and losing belly fat while following a vegetarian or vegan lifestyle.

This part also discusses how to eat at restaurants, at social gatherings, and on food-centered holidays while still losing weight and keeping it off. The part concludes with a detailed plan for permanent weight loss and strategies on exactly what steps you need to take if you start to see yourself regaining any weight you have lost so you can keep your flat belly for life!

Part V: The Part of Tens

Part V provides a quick breakdown of helpful and fun information to allow you to achieve and maintain a flat belly. You find chapters that list the ten foods that can bloat your belly. I also list the ten nutrients that pack a powerful fight against belly fat.

Icons Used in This Book

As you read through this book, you see icons — small images in the margins — that are designed to call your attention to specific pieces of information. Here are the icons I use along with a description of what they mean: