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Diet Remedies for Love Handles



Overview

Love handles are those annoying folds of fat around the circumference of the stomach and back. They are one of the most difficult places on the body to lose fat, perhaps due to some misconception as to how. People do hundreds of crunches and abdominal exercises in an attempt to reduce this fat, only to be frustrated. Love handles are actually on the top layer of the back, or latissimus dorsi muscle, not the stomach. Therefore, they are only eradicated by performing back exercises or through proper nutrition. Try these tips for changing your diet and substituting some healthy, tasty foods to remedy the love handles around your midsection.

No White Foods

The first step toward getting rid of love handles is to eliminate all white foods from your diet. White foods are generally bleached-stripped of nutrients--and have "empty calories" with little nutritional value.

White foods include sugar, white flour, milk, potatoes and salt. These foods should be eliminated or at least reduced because they aid in storing fat, disrupting digestion and cause an accumulation of waste products in the body, according to Hubpages.com. The average American consumes two to three pounds of sugar per week, according to HubPages.com, with high fructose corn syrup being the most common sugar consumed. High fructose corn syrup is present in almost all processed foods and should be completely removed from your diet to avoid fat build up around your midsection. White flour in breads, pastas and rice are processed and stripped of nutritional value. They are simple carbohydrates that can quickly add inches to your waistline. Foods high in salt cause water retention and prevent the blood from delivering nutrients to your veins. Potatoes have a high glycemic index and people tend to top them with fattening items like butter, bacon or sour cream to make them tastier. Milk can be extremely high in fat--even skim milk is 70 percent fat by volume, according to HubPages.com. It can also hinder proper digestion and promote a buildup of waste in the body. White foods should be eliminated on a love-handle eradication diet.

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Eat Richly Colored Foods

In contrast, eat plenty of richly colored vegetables and fruits. These foods are packed with nutrients

[NOTE: Some sentiments contained within "What We're Reading" articles may not strictly conform with PROJECT: PFC's nutritional outlook. We read articles containing opposing information all the time and derive our nutritional philosophies from the latest science, the opinions of experts worldwide and our anecdotal experiences in the field. We keep an open mind and a strong affinity for fact-based evidence to help make the world of nutrition "Simple Again" for you.]

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Eat Richly Colored Foods

In contrast, eat plenty of richly colored foods to eliminate your love handles. Eat foods with saturated colors such as spinach, beets, kale, carrots, red cabbage, plums, grapes, eggplant, collard greens and tomatoes. These foods have few calories per gram, so you can eat them almost without limit, according to GetRidofThings.com. They are nutrient-dense and low in fat. Richly colored foods are filling and will satisfy your hunger since they are full of heart and stomach healthy nutrients. Roast them in the oven with a little extra-virgin olive oil—a polyunsaturated fat, or vegetable fat. Consuming more darkly colored foods as

opposed to white foods will dramatically reduce your caloric intake and will begin to reduce the fat storage around your waistline.

Drink Lemon Water

Replace the high-calorie drinks in your diet with water. Boasting zero calories and fat, water is the perfect beverage choice for losing weight, especially around the midsection. Research suggests drinking at least eight eight oz. servings of water per day, according to the Mayo Clinic. To further reduce the fat we call love handles, add a squeeze of fresh lemon to your water. Lemon is antiseptic and cleansing by nature. It aids in proper digestion, flushing waste toxins through the body and reducing waistline fat, according to QuantumBalancing.com. Try a mug of warm lemon water first thing in the morning to detox the body of waste products that promote fat storage.

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