

## What are some of the foods that help burn belly fat?

This can be regarded as a very popular question among a lot of people who are on the heavier side. As we all know, currently people pay a lot of attention to the way they look. With the immense popularity of the internet and social media platforms, people are becoming very much conscious of their looks, figure, skin, hair etc. Here, we will be discussing some of the **foods that help burn belly fat**. As we have already stated, we all want to look slim as well as attractive. We definitely don't prefer a huge belly. But at the same time, it is appropriate to say that it is quite hard to get rid of belly fat. Currently, different techniques are available for the same. These include exercises, workouts, diet planning, and even surgeries. Among these options, the easiest one is definitely diet planning. There are some food items which greatly help in the reduction of belly fat. So, without further delay, let's see what these foods are.

### Apple Cider Vinegar

Apple cider vinegar has been used since ancient times for various health issues and in addition to that, it has been credited with reducing appetite as well as lowering blood sugar and insulin levels. Another significant feature of apple cider vinegar is that its main component, acetic acid, has been found to considerably increase the fat burning process. Hence, the apple cider vinegar can definitely be regarded as one of the best [foods that help burn belly fat](#). In addition to that, it has been found to reduce belly fat storage in several animal studies. Although many studies have not yet been conducted in this particular field, the results from one of the conducted studies were very encouraging. Here, about 144 obese men added 2 tablespoons of vinegar to their usual diets. This was done every day for 12 weeks. After that time, it has been found that they lost 3.7 pounds (1.7 kilograms) and also experienced a 0.9% reduction in body fat. Hence, if you are thinking about consuming apple cider vinegar then start with 1 teaspoon per day diluted in water. Thereafter, you can gradually work up to 1–2 tablespoons per day to minimize potential digestive discomfort.

### Green Tea, one of the best foods that help burn belly fat

Green tea can be regarded as one of the most favorite beverages of people all over the world. As we all know, the health benefits of this beverage are many. It helps in the reduction of risk of heart diseases. It also protects against different types of cancer as well. It is also regarded as an excellent source of epigallocatechin gallate (EGCG). It is an antioxidant that promotes fat burning as well as the loss of belly fat. This has been proved with the help of numerous authentic research works as well. At the same time, we have to keep in mind that the effects of green tea may vary from person to person. It might also depend on the amount of green tea that is consumed. As per reports, if you are thinking about burning some belly fat, then you can consider drinking up to 4 cups of green tea daily.

### Conclusion

Thus, from our discussion of the topic, it is appropriate to say that there are a number of **foods that help burn belly fat**. Here, we have discussed two of the most common options in detail. Thus, this discussion can be regarded as extremely useful for all those who are

thinking about burning some belly fat. But at the same time, it is highly recommended that they should do proper research before proceeding with these options.