

Just a Bite

Princeton Club New Berlin

7/1/2017

Nutrition Newsletter

REDUCING VISCERAL FAT

...continued from June's "Just a Bite"...

There are ways to get rid of visceral fat. It may come as no surprise that eating a healthy, balanced diet to support weight loss is the best way to do-so (along with exercise). Consuming a balance between fats, carbohydrates, and protein as well as eating a variety of foods from each of the food groups is the foundation of most healthy meal plans. Whole, natural foods with little to no ingredient lists are the best choices. It is also helpful to limit or avoid alcohol and excess sugars.

Visceral fat negatively impacts blood glucose levels. For individuals who tend to carry weight around their abdomen and chest (as opposed to their thighs, butt, and hips), it is wise to follow a meal plan which promotes balanced blood sugars. And because carbs have a great impact on insulin, attention should be given to portion control as well as a focus on high quality carbohydrates. Some examples of high quality carbs include beans, berries, legumes, lentils, and vegetables. These foods carry a lower glycemic load, and will not raise blood sugars the way other carbs can. Pairing these carbs with anti-inflammatory sources of fat provides additional benefit. Monounsaturated fats are anti-inflammatory and include olive oil, avocados, and almonds. Omega-3

fats are also anti-inflammatory and include sources such as wild-caught Alaskan salmon, chia seeds, flaxseeds, and walnuts. To complete a well-rounded meal, include proteins such as fish, skinless poultry, and lean meat.

Along with managing carb intake, it is best to minimize added sugars which promote inflammation in the body as well as encourage blood sugar spikes and crashes. Save desserts for special occasions. Swap flavored yogurts and oatmeal packets with their plain versions; topping these foods with real fruit is best for adding flavor.

While alcohol can be consumed in moderation for most healthy people, it is recommended to limit consumption since it has been linked to visceral fat. This is likely due to a few reasons: it has the potential to disrupt hormonal balance; it carries a higher caloric content than carbs and protein carry; and it is recognized by the body as a toxin, thereby, putting macronutrient metabolism on hold until the body gets rid of it.



OUR NUTRITION EXPERT



Kelly Drew has had a passion for wellness since earning her Tae Kwon Do black belt at age 15. It is her dream to assist others in achieving health outcomes by emphasizing the partnership that is nutrition and physical activity. Kelly is a Registered, Certified Dietitian with a major in Dietetics from Mount Mary University.

Kelly offers one-on-one personal consultations.

Contact Kelly at
kdrew@princetonclub.net or
414-525-2366.

FREE PRESENTATIONS



Thursday, July 6th

5:30 PM

"Emotional Eating"

Saturday, July 29th

10:30 AM

"Managing Cravings"

Located in the Party Room