

I WANT TO BURN FAT



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As an example of "eating-fat-to-burn-fat," let's look at medium chain triglyceride ingestion. Medium-chain triglycerides (MCT) reside in vast abundance in coconut fat, and are somewhat short chains of carbons (all fats are long carbon chains).

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6 Ways To Burn Your Belly Fat Fast Forbes

It takes fat to burn fat. Like I said above, it's sugar that gets you fat, not fat. Good fats include foods rich in Omega 3's, like salmon, avocados & walnuts. These foods are full of nutrients

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