

[WHAT FOOD TO EAT TO BURN FAT](#)



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The pectin in apples can limit how much fat your cells absorb. They also contain plenty of antioxidants and soluble fiber to aid in digestion. But don't eat too many their high natural sugar can cause you to crash and burn like other carbs, although the fiber helps slow it down to a degree. However, this fiber, along with the fruit's natural acids, can cause intestinal upset if eaten in large quantities. Stick to an apple a day.

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What To Eat To Burn Belly Fat 7 Foods For A Slimmer Waist

Problem is, at the same time, your body signals fat cells to hold onto fat, including the fat in your belly. Dairy, including milk (even whole milk, just watch your calories), cheese (especially Swiss), and yogurt, are the preferred sources of calcium. Eat three servings of dairy a day, and keep the rest of your diet in check, and you will steadily lose weight.

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