

Published based on [Secrets To Quick Flat Tummy](#)

# **Secrets To Quick Flat Tummy**

Poor eating habits and diets in America make it a difficult challenge for anyone trying to sculpt a six pack set of abs or even when trying to lose weight. Yes, you would think that by training hard and long hours each day you would lose weight and develop abs and the other muscles in your body. However, if you devour more calories than you burn out from your body, you will never begin to ever see any sort of six pack abs you have been working so hard towards so rigorously. Trying to have a [flat stomach](#) is easy if you can follow the next easy set of rules - it can actually be fun to take control of your life with these new rules.

Let us start with some rules that will definitely help you on a faster track to muscle and tone development. There are three top evil foods to avoid if you are truly serious about getting a set of six pack abs or any type of muscle tone. If you start to follow these simple rules, the road to getting six pack abs along with a leaner and healthier body will come quickly and more easily than you ever thought. All those diet pills and machines cannot begin to help you unless you learn about the following:

1. Those heart clogging fats such as trans fats in any form of partially or fully hydrogenated oils will be the first of your concerns. Make sure you look for these types of fats in the foods you eat. Be aware that these evil, addicting fats are found especially those in drive-through fast food chains. It is important to understand the science of trans fats which are commonly used in thousands of products - even so called healthy snacks. In the process of "hydrogenation" the vegetable oils are removed at high temperatures and pressure using dissolved metals and hydrogen gas. Then these oils are vapor cleaned, bleached and deodorized. The chemical alteration of the liquid oil turns into semi-solid (partially hydrogenated) or fully hydrogenated as it cools off at room temperature. Hydrogenated oils are used commonly in processed types of packaged foods such as cookies, cakes, pies, donuts, cookies, peanut butter, salad dressings and butter to basically help extend the shelf life of the product. If you see "trans fat" or "hydrogenated oils" listed in the label ingredients, avoid them immediately and completely. Fried foods are always full with other junk and fillers, flavorings that are damaging and the trans fats that they contain are extremely high in calories. Frying destroys the essential fatty acids and essential nutrients. Here is what is really important to realize: trans fats actually help trigger the mind and body to crave more fatty foods - did you ever notice how addicting fast food becomes. These bad lipo proteins raise low-density lipoprotein cholesterol that causes inflammation within the entire body, increasing the high cholesterol that will lead to clogged arteries, heart disease, diabetes and sometimes cancer.

2. Stay away from processed sugar and corn syrup which in fact turns into fat cells more quickly than any other sweeteners. High fructose corn syrup is common in many bad foods like cheap chocolate bars, candies, sodas, donuts, pastries, fruit juices and cereals. Beware of glucose, sucrose, dextrose, maltose and any other words ending "ose". All types of other fancy names mean the same thing: bad sugars. Any type of syrup will usually be high fructose corn syrup and is widely used to sweeten soft drinks, fruit juices, tomato sauce, cereals, cakes, biscuits, sauces, dressings, etc. It is the sweetener which is used in many types of foods, due to the low cost. Refined sugar and corn syrup, high fructose, are loaded with empty calories that will never quite satisfy your appetite. They contain absolutely no nutrients. Both cause fluctuations in your levels of blood sugar and insulin, while it prevents fat burning and sorry to say promotes more fat storage. These types of sugars cause disease and injure your body such as diabetes, cancer, attention deficit disorder, hyperactivity (ADHD), osteoporosis, growth of fungi and heart disease.

3. White bread (white flour) is totally bad as it creates more fat easily in your body when consumed - pizza, crackers, french breads, etc. are all examples of why we get fat when we consume these items. White flour which is a refined carbohydrate is often used to make white bread, cookies, donuts, bagels, noodles, some cereals, crackers, pastries and is the worst culprit of why our nation is quickly gaining weight. During the processing of whole grains into white flour, all the mineral deposits and fiber have been eliminated. The effects of what refined carbohydrates do to our blood sugar and insulin levels are similar to those of refined sugar (see the explanation above in #2). Therefore, continually stay with and eat products made with 100% whole grains - like whole grain cereals and breads. If you want to keep the belly fat off, steer away from those boxed snacks and doughnuts, snack bars and breads as much and as often as you can. You can achieve [abs of steel](#) as well as a getting better sleep and actually more energy if you can follow rule #2 as we love breads.

A REAL six-pack abs food diet consists of natural, healthful and unprocessed foods and beverages that are sweetened with natural fruit juice - not dietary sweeteners! Your diet should not be one that is laden with diet

drinks and high carb foods, fried treats, etc. We need to consume more macronutrients (protein, complex carbohydrates, vegetables and good fats - like fats from plants (avocados for example) for the proper operation of your body. Drink lots of fresh water as this helps to eliminate fats from the body as well.

You can learn a great deal more about [making tight abs](#) and better health by just reading food labels. And remember, the flat stomachs are being created or buried in fat at the place you start eating - like the dining room - and not in the gym!

You can also find this article published on [Secrets To Quick Flat Tummy](#), and on the tag pages [flat stomach](#), [six pack abs](#), [steel abs](#), [tight stomach](#), [weight loss](#).