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Shrink Belly Fat-Mediterranean Diet Old Secrets from the Olive Tree by [Armand O Wilson](#)

Article published on February 17th 2012 | [Weight Loss](#)

Ever taken a look at your belly fat and tried to correct it just with your hand? Playing in the huge bulk just to see what it can do, like it is an individual with its own personality.

The facts are most people with belly fat don't really notice it until its time to take off their shirts and bare all. Beside these side effects of a big stomach we sometimes forget how it got there, making stomach fat have a personality all on its own.

I know I was not born a twin, and many of you were not also, but extra fat on the gut is a problem, and needs a genuine examination if you really want it to go away.

Many people are allergic to seafood, but the secret fat burning solution besides working out, is wrapped up in a mediterranean diet. The olive tree is indispensable to mediterranean cuisine. Because of fundamental differences all wrapped up in naturally interconnected food groups that are healthy. including a mediterranean diet has even been a recommendation by some world governments as a healthy aspect of life.

Here's a brief outline of what this diet plan has to offer when it comes to shrinking belly fat. A new wave in dieting called the Sonoma Diet is inspired by the coastal California way of enjoying foods that are healthy that slim down your waist line. Sonoma cuisines are reflected as a state of mind of the way daily foods should be enjoyed by the people consuming the food. It derived form the life style of people living near the Mediterranean sea board. It embraces healthy eating habits, mindful choices, and the best nourishment available.

This new diet plan stresses enjoying the right foods but only in the right amounts. There are 12 top power food choices and they are as listed.

- 1.Almonds
- 2.Beans
- 3.Blueberries
- 4.Broccoli
- 5.Grapes
- 6.Citrus
- 7.Olive oil
- 8.Spinach
- 9.Tomatoes
- 10.Whole grains
- 11.Strawberriesw

12.Bell peppers

The food list can create meal plans with virtually hundreds of creative dishes that are easy to prepare each day. Recipes include spinach basil and geta panini, grilled vegetable California avocado and feta cheese wrap, tomato and asparagus pizza, shrimp watermelon and California avocado salad. just the right foods that play perfect roles in shrinking belly fat.

All of these dishes result in a high concentration of fiber which is the key prevention of constipation, which bulges the tummy out causing stress to the lower abdominal. The stress hormone Cortisol causes abdominal fat to shape up in mass creating the pop belly, Having a diet aiming at 22 to 25 grams dedicated to fiber each day with eating whole grains, vegetables, and fruits can have great figure slimming results. Remember to drink lots of water, which in turn can help bloating which flushes bloating away instead of making it worse by doing nothing for it.

Hello my name is Armand O Wilson and I invite you to visit at <http://armandreviews.com/armand-reviews> and submit a comment about this article. The Burn The Fat Feed the Muscle, Tom Veneto, respected professional bodybuilder, personal trainer and nutritionist program is where all the answers are and begin. If you are prepared and ready, this program can help you with weight loss.

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Article Keywords:

burn the fat,loss weight,fat burning,weight loss, weight training,health and fitness,burn fat,weight loss tips,nutrition and diet

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