

# Foods rich in fiber help reduce belly fat quickly

You can get rid of visceral and subcutaneous fat with diet and exercise. These fiber-rich foods will help you get rid of belly fat fast.

If you're trying to lose weight and burn belly fat, eat a healthy amount of fiber. Not only will shrinking your waistline make you feel better, it's also healthier to have a slimmer midsection. While most people know about subcutaneous fat—the fat you can see and pinch—many don't know about visceral fat, which is located deep in your belly. It surrounds vital organs and can cause serious health problems like certain cancers, stroke, type 2 diabetes, and more.



A big belly is the most obvious sign, but many times you don't even know it's there. Measuring your waist circumference, body mass index (BMI), and waist-to-hip ratio is the most accurate way to tell.

The good news is that **you can get rid of visceral and subcutaneous fat with diet and exercise**. Diet accounts for at least 80% of the visceral fat elimination equation. Eating a healthy diet with plenty of colorful fruits and vegetables is always the advice from experts.

And eating more fiber is also a way to fight belly fat. Researchers have found that a high-fiber diet helps reduce visceral fat. **If your goal is to get rid of belly fat or eat a high-fiber diet to stay healthy, these are the foods nutritionists recommend.**

## Flaxseed

1. Nutrition: Per serving: 1 tablespoon
2. Fiber: 2.8 grams

Flaxseeds are a superfood that has been all the rage on social media, but just because the hype has died down doesn't mean you should ignore these tiny, nutrient-dense seeds. Studies have shown that regular consumption of flaxseeds can help lower 'total cholesterol' and may help prevent the onset of type 2 diabetes and some cancers. Flaxseeds can also improve digestion and reduce belly fat.

Flaxseeds are a great source of soluble fiber and omega-3 fatty acids. Fiber promotes feelings of fullness, while omega-3s have been linked to reduced inflammation and belly fat storage.



## **Prune**

1. Nutrition: Per serving: 4-6, depending on size
2. Fiber: 3 g

Although prunes are often thought of as a fruit that older adults eat to help regulate digestion, they also have other important health benefits, such as supporting strong bones and improving heart health. Prunes can also help reduce belly fat, so it's time to add them to your list.

Prunes contain a unique combination of nutrients, including soluble and insoluble fiber, sorbitol, polyphenols, and prebiotics, which work together to support digestion and improve gut health. Plus, their naturally sweet flavor is a nutritious way to satisfy your sweet tooth!

## **Papaya**

1. Nutrition: Per serving: 1 small fruit
2. Fiber: 3 grams

Papaya is rich in vitamin C, which supports the immune system and fights infections. This refreshing fruit is also rich in vitamin K, which is essential for calcium absorption and bone health. Plus, papaya can help reduce that pesky belly fat.

Papaya is a tropical fruit known for its high fiber and antioxidant content. There have been a number of studies in mice that have shown its ability to reduce inflammation, lipid levels, insulin levels, and fat tissue. It is a great fruit choice for increasing fiber and managing weight.

## **Figs**

1. Nutrition: Per serving: 2 medium, fresh figs
2. Fiber: 3g

Figs have a unique sweet and chewy flavor and are packed with nutrients like potassium and calcium. But figs are also great for fighting belly fat.

Fresh figs are packed with fiber – so much so that they are often used to relieve constipation. We know that soluble fiber is important for weight control, blood sugar control, and reducing the risk of heart disease. When you compare figs to other fruits, they rank at the top! Figs are incredibly versatile and can be eaten fresh, dried, added to cereal or yogurt, or chopped into salads for a little sweetness.



## **Sweet potato**

1. Nutrition: Per serving: 1 cup diced
2. Fiber: 4g

Sweet potatoes are rich in both soluble and insoluble fiber, which helps add bulk, weight, and volume to meals. Sweet potatoes are also high in anti-inflammatory antioxidants. A 2021 study published in the journal *Antioxidants* explains that reducing inflammation in the body can help reduce the tendency to gain fat mass. For best results, pair them with non-starchy vegetables and protein-rich options.

## **Avocado**

1. Nutrition: Per serving: ½ large avocado

## 2. Fiber: 4.5 grams

Aside from our love of avocado toast, there are plenty of reasons to eat avocado, including getting rid of belly fat.

You probably know that avocados are full of monounsaturated and polyunsaturated fats, or good fats, but you might be surprised to learn that they are a great source of fiber! Half a large avocado contains about 18% of a woman's daily fiber needs and 12% of a man's. This combination of soluble and insoluble fiber helps keep you feeling full and helps keep your bowels regular.

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