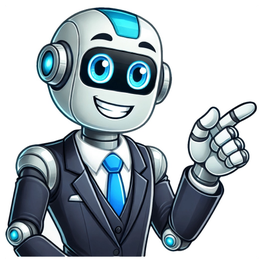
Continue



When it comes to achieving a flat stomach, our diet plays a pivotal role. The right combination of foods can enhance digestion, reduce bloating, and help you shed unwanted pounds. In this comprehensive guide, we will explore various foods that can help flatten your stomach quickly, along with their benefits and how to incorporate them into your daily meals. Understanding the Science Behind Stomach Flattening Before we delve into specific foods, it is crucial to understand the science of why certain foods can flatten your stomach. Our bodies often retain water and gas, leading to a bloated abdomen. Factors that contribute to this include: Dietary Choices: Consuming high-sugar and processed foods can lead to inflammation and bloating. Lifestyle Factors: Sedentary behavior, lack of sleep, and stress can also contribute. Digestive Health: Poor digestion can hinder nutrient absorption and lead to an accumulation of waste. To combat these issues, incorporating specific foods can help reduce bloating, enhance metabolism, and ultimately lead to a flatter stomach. Top Foods That Help Flatten Your Stomach Transforming your diet can be a powerful tool in your journey towards a flatter stomach. Here’s a curated list of foods that can help you achieve your goal. 1. Leafy Greens Leafy greens are loaded with nutrients and low in calories, making them a perfect addition to any diet focused on flatulence reduction. Spinach: High in magnesium, which can help reduce bloating and water retention. Kale: Packed with fiber and antioxidants, these can enhance digestion and fight inflammation. 2. Avocados Avocados are rich in healthy fats and fiber. They provide a satiated feeling that can prevent overeating and assist in weight management. Their high potassium content helps balance sodium levels, reducing inflammation and bloating. 3. Berries Berries such as strawberries, blueberries, and raspberries are not only delicious but also packed with antioxidants. They are low in sugar and high in fiber, which promotes gut health and prevents constipation. 4. Nuts and Seeds Nuts and seeds like almonds and chia seeds are excellent sources of healthy fats, protein, and fiber. They keep you feeling full and can help curb cravings. Why Choose Almonds and Chia Seeds? Almonds are known for their ability to regulate insulin levels, while chia seeds expand in your stomach to help you feel fuller longer. These properties can aid in better portion control and overall digestive health. 5. Bananas Bananas are high in potassium and help reduce bloating caused by sodium retention. Their fiber content promotes digestion and keeps you satiated. 6. Ginger Ginger is renowned for its anti-inflammatory properties. It can enhance digestion and reduce bloating, making it a great addition to your diet. Consuming ginger tea or grating fresh ginger into meals can provide quick relief from bloating. 7. Cucumber Cucumbers are composed primarily of water, making them hydrating and perfect for reducing bloating. They are low in calories and can be consumed in salads or as a snack. 8. Garlic Garlic has numerous health benefits, including its ability to enhance digestion and eliminate excess gas. It can be included in various dishes for added flavor while promoting digestive health. 9. Greek Yogurt Greek yogurt is packed with probiotics, which promote gut health. A healthy gut translates to reduced bloating and improved metabolism, making it an excellent choice for those seeking a flatter stomach. Probiotics and Gut Health Including probiotics in your diet aids in restoring balance to your gut flora. This is essential for improved digestion, nutrient absorption, and the prevention of gas formation. 10. Whole Grains Whole grains like quinoa, brown rice, and oatmeal are rich in fiber. They help regulate digestive health and provide sustained energy, preventing overeating. Tips for Incorporating Stomach-Flattening Foods into Your Diet Incorporating these foods into your daily diet does not have to be a chore. Here are some practical tips for making these foods a regular part of your meals: Meal Planning Plan your meals ahead of time to ensure you include a variety of stomach-flattening foods throughout the week. This will not only save you time but also help you maintain a balanced diet. Enhance Flavor Experiment with herbs and spices when cooking. This can make healthy foods more enjoyable and help you stick with your new eating habits. For example, pair garlic and ginger with leafy greens for a nutritious stir-fry. Stay Hydrated Hydration is crucial when consuming a fiber-rich diet. Water helps to facilitate digestion and prevent constipation while minimizing bloating. Aim for at least eight glasses of water a day. The Role of Lifestyle in Achieving a Flat Stomach While the right foods are essential, your lifestyle also plays a major role in achieving a flat stomach. Here are some lifestyle changes to consider: Exercise Regularly Adding cardiovascular and strength training exercises into your routine can significantly boost your metabolism. Aim for at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous activity each week. Practice Mindful Eating Paying attention to what you eat and savoring each bite can prevent overeating and enhance digestion. Listen to your body’s hunger cues and stop eating when you’re satisfied, not stuffed. Manage Stress Stress can lead to hormonal imbalances that contribute to weight gain. Incorporate stress-reduction techniques such as yoga, meditation, or deep-breathing exercises into your routine. Sample Meal Plan for a Flatter Stomach Organizing your meals is key to consistency. Here’s a sample one-day meal plan focused on stomach-flattening foods: Meal Food Description Breakfast Greek Yogurt with Berries A protein-packed breakfast that is rich in fiber and antioxidants. Snack Banana and Almonds A perfect combination of potassium and healthy fats to keep you satisfied. Lunch Spinach Salad with Avocado and Cucumber A refreshing salad high in fiber and healthy fats. Snack Carrot sticks with Hummus A crunchy snack rich in fiber and healthy fats. Dinner Quinoa Bowls with Grilled Chicken and Garlic A hearty dish that combines protein, whole grains, and digestive-enhancing garlic. Final Thoughts Achieving a flat stomach involves a holistic approach that emphasizes the consumption of nutritious, whole foods paired with healthy lifestyle habits. By incorporating the foods mentioned in this guide into your diet, you can reduce bloating, enhance digestion, and reach your body goals effectively. Remember, consistency is key — focus on developing long-lasting healthy habits rather than seeking quick fixes. Embrace this journey, and soon you’ll see the results in the form of a flatter stomach and improved overall well-being! What are some foods that can help flatten my stomach quickly? Eating foods rich in fiber, lean protein, and healthy fats can significantly contribute to flattening your stomach. Foods such as leafy greens, avocados, eggs, and lean cuts of meat are excellent choices. They help reduce bloating and provide essential nutrients. Incorporating high-fiber foods like fruits, vegetables, and whole grains can also promote digestion and regulate your digestive system, which is vital for achieving a flat stomach. In addition, foods that are hydrating, like cucumbers and watermelon, can help reduce water retention and bloating. Probiotic-rich foods, such as yogurt and fermented vegetables, support gut health, which is crucial for optimal digestion. Overall, focusing on a balanced diet that includes these food groups will allow you to see quick improvements in your stomach appearance. How do I incorporate these foods into my diet? Incorporating stomach-flattening foods into your diet can be easy and enjoyable. Start by planning your meals around these foods. For instance, you can add leafy greens to smoothies or create salads topped with lean proteins like grilled chicken or fish. Whole grains, such as quinoa or brown rice, can serve as a perfect base for many dishes, allowing you to experiment with various flavors and textures. Additionally, consider prepping snacks that include high-fiber fruits or vegetables, like carrot sticks with hummus or a piece of fruit with a handful of nuts. Breakfast can also be a great time to include some of these foods—think oatmeal topped with berries or an omelet stuffed with spinach and avocado. Gradually integrating these foods will help you establish a routine that benefits your stomach and overall health. Can beverages help flatten my stomach? Absolutely! Beverages play a crucial role in achieving a flatter stomach. Staying well-hydrated with water helps to reduce bloating and flush out toxins from your system. Herbal teas, particularly those formulated with ingredients like ginger or peppermint, can also aid digestion and alleviate gas, which contributes to a flatter appearance. Smoothies can be another effective way to include stomach-flattening foods in your diet. You can blend leafy greens with fruits and even add probiotics by including yogurt or kefir. This not only increases your nutrient intake but also promotes digestive health, helping you maintain a leaner midsection over time. Are there any foods I should avoid for a flatter stomach? Yes, certain foods can hinder your progress towards a flatter stomach. Processed foods, which often contain high levels of sugar and unhealthy fats, lead to bloating and weight gain. Sugary snacks, fast food, and refined grains should be limited, as they can cause digestive issues and increase abdominal fat. Additionally, carbonated beverages and alcohol can contribute to bloating, making your stomach appear larger. High-sodium foods can cause water retention, further exacerbating the issue. By avoiding these items and focusing on whole, natural foods, you’ll find it easier to achieve and maintain a flat stomach. How important is portion control in achieving a flat stomach? Portion control is incredibly important when it comes to flattening your stomach. Overeating—regardless of whether the foods are healthy—can lead to weight gain and bloating. By moderating your portion sizes, you can enjoy a variety of foods without exceeding your calorie needs, which helps maintain a healthy weight. Listening to your body’s hunger cues and satisfying them with appropriate portions can also contribute to a healthier digestive system. Eating smaller, more frequent meals can prevent overeating during main meals, reducing the likelihood of discomfort and bloating. Along with a balanced diet, practicing portion control can lead to faster results in your quest for a flatter stomach. Can exercise enhance the effects of these foods? Yes, combining a nutritious diet with regular exercise can greatly enhance your ability to achieve a flatter stomach. Exercise helps to burn calories, which contributes to weight loss and overall toning of the body. Additionally, certain exercises, like core workouts, specifically target the abdominal muscles, helping to define and tighten that area. Aerobic activities, such as running, swimming, or cycling, also promote cardiovascular health and contribute to fat loss, further unveiling a flatter stomach beneath any remaining layers. Ultimately, integrating these habits creates a holistic approach, leading to lasting results that improve not just appearance but overall wellness. How long will it take to see results from these foods? The timeframe for seeing results from consuming stomach-flattening foods varies from person to person. Factors such as an individual’s metabolism, activity level, and starting point play significant roles. Generally, you may begin to notice changes within a week or two if you consistently follow a balanced diet and adhere to portion control. However, for long-lasting results, it’s essential to be patient and commit to healthy eating and lifestyle choices. Sustainable changes that promote overall health tend to yield the best outcomes, so rather than seeking immediate results, focus on creating habits that you can maintain in the long run. Is it realistic to expect immediate results for a flatter stomach? While many people desire rapid results when it comes to flattening their stomachs, it’s important to be realistic. Instant results are often unattainable and can lead to disappointment or unhealthy habits. Instead, setting gradual, achievable goals will keep you motivated and foster a healthy mindset towards your body and nutrition. Adopting a healthier diet, engaging in regular physical activity, and making lifestyle changes cumulatively lead to results over time. While you may notice some changes quickly, such as reduced bloating, achieving a visibly flat stomach typically requires ongoing commitment and patience for the best outcomes. Diet strategiesExercise strategiesLifestyle strategiesBottom lineIt’s difficult to target fat loss to a specific area, but you may be able to lose weight and gain muscle around your midsection with a nutrient-rich diet, targeted exercise, and some healthy lifestyle strategies. Reducing excess abdominal fat isn’t as simple as some would have you believe. The flatness of your stomach area depends on many factors, including the time of day and what you’ve eaten recently. Experts also debate whether targeted fat loss in a specific body area is possible. Fat cells are stored throughout the body. They can be broken down and used as energy during exercise from any part of the body, not just the area that you’re engaging.Here’s a closer look at strategies for general weight loss and reduced bloating.You don’t need to incorporate these strategies all at once. Instead, look for shifts you can add slowly over time. If you’re looking to lose weight, you may want to monitor your calorie intake. However, restricting your calorie intake too much can be counterproductive and harmful to your health. Studies have shown a direct link between high intake of added sugar and increased waist size, especially in people who drink sugar-sweetened beverages.Various foods contain added sugar, so it’s important to check the ingredient label carefully when shopping. The revised Nutrition Facts labels on packaged foods and drinks make it easier to see how much added sugar is in the product you’re considering.Try to limit added sugar intake to less than 10% of total daily calories. On a 2,000-calorie diet, this translates to about 200 calories or 12 teaspoons (48 grams) per day.However, you don’t have to cut out all carbs to reap the benefits, especially if a low carb diet isn’t ideal for you. Replacing refined carbs, which are heavily processed and low in important nutrients like fiber, with whole grains can be beneficial.Soluble fibers absorb large quantities of water and slow the passing of food through the digestive tract.Fruits, oats, barley, legumes, and certain vegetables, such as broccoli and carrots, are good sources of soluble fiber.Learn about other fiber-rich foods to add to your diet. Lactobacillus fermentumLactobacillus amylovorusLactobacillus gasseriSome research suggests that the gut microbiome may affect weight gain, and alterations in its composition could also be linked to a greater risk of obesity.Taking probiotics may help increase beneficial gut flora, reducing the risk of weight gain. Fermented foods like yogurt, kefir, tempeh, kimchi, and pickles are good sources of probiotics.It’s important to note that probiotics do not directly cause weight loss. They can be a helpful tool when used alongside a nutritious diet and exercise, but they may not have the same effect on everyone. Protein is an important nutrient when it comes to weight loss. High protein diets can reduce your appetite and increase feelings of fullness. Additionally, your body burns more calories digesting protein than fat or carbs.Protein can also help retain lean body mass during weight loss, which can help maintain your metabolism to ease weight management.How much protein you need depends on many factors, such as your age, sex, and activity level.Some research suggests that eggs can help support weight loss.For example, one 2020 study found that people who ate a breakfast containing eggs consumed fewer calories at lunch compared with those who ate a breakfast with cereal.It’s generally recommended to eat fatty fish once or twice per week.While whole foods are generally the best way to get your vitamins and minerals, if you don’t like eating fatty fish, you can get long-chain fatty acids from fish oil or fish oil supplements. Be aware that fish oil supplements only provide omega-3s, not protein. In addition, use caution when purchasing fish oil supplements, as supplements are not regulated by the Food and Drug Administration (FDA). One more note of caution: Be sure to talk with a doctor or dietitian first if you’re considering taking any kind of supplements. Some of them can interact with medications or health conditions you may have.Diets high in monounsaturated fatty acids may help reduce belly fat and help with weight management.Monounsaturated fatty acids are a type of heart-healthy fat found in a variety of foods.The Mediterranean diet is an example of a diet that’s high in monounsaturated fatty acids. This diet is linked to many health benefits, including a reduced risk of weight gain and decreased belly fat in children and adults.Foods high in monounsaturated fatty acids include olive oil, avocados, nuts, and seeds.Remember to swap unsaturated fats for monounsaturated fats to avoid adding calories if your goal is weight loss.Certain tweaks to your fitness habits can also promote weight loss. Doing cardio, also called aerobic exercise, is an excellent way to burn calories and improve overall health. Examples of cardio include running, brisk walking, biking, and rowing.150 to 300 minutes per week of moderate intensity aerobic physical activity, or75 to 150 minutes per week of vigorous intensity aerobic physical activity, oran equivalent combination of moderate and vigorous intensity aerobic activity (ideally, aerobicactivity should be spread throughout the week)Losing muscle mass is a common side effect of dieting. This can reduce the number of calories you burn on a daily basis.Doing resistance exercises regularly may preserve lean body mass and help you maintain or improve your metabolism.If you’re able, exercising while standing up may benefit your health more than exercising while sitting or using weight machines.By standing, you activate more muscles to maintain balance and hold up your weight. Therefore, you spend more energy working out. Although this might seem like a minor alteration, for individuals who are able to, standing can be an easy way to strengthen the midsection and maximize your results.HIIT is a type of exercise that involves doing intervals of very intense activity, such as sprinting, rowing, or jumping, with short breaks in between.Small changes to your daily habits may also help with weight loss.You don’t need to exercise vigorously or spend hours in the gym to reap health benefits.Regular, brisk walks have been shown to effectively reduce total body fat and the fat located around the midsection in people with obesity.A small 2019 study found that people with obesity who walked 12,000 steps per day and took a brisk walk three times a week had reduced visceral fat and hip circumferences after 8 weeks.Drinking more water may help support weight management and prevent bloating.Drinking water before meals may also help you feel fuller, helping reduce calorie intake. Mindful eating is a technique that helps you recognize and cope with your emotions and physical sensations regarding food and hunger.eating without distractionsfocusing on your physical hunger cueseating only until you feel fullMost studies agree that mindful eating helps promote weight management by changing your eating behaviors and reducing stress-related behaviors, such as emotional eating or overeating.Chronic stress may contribute to overeating and emotional eating, which can lead to weight gain.Additionally, stress triggers the body to produce cortisol, a hormone that can increase appetite and food cravings.It’s not realistic to completely eliminate stress, but incorporating stress-relieving activities into your daily routine, like yoga or meditation, can help.Learn more tips for reducing stress.When you’re trying to lose weight, monitoring your diet by keeping a food diary can be helpful. Food diaries can give you insight into your personal eating patterns, portion sizes, and nutrition intake.You don’t have to do this all the time, but it may be good to keep track of your intake for several days in a row every few weeks. This will make you more aware of your calorie intake and allow you to adjust your eating patterns if needed. Alcohol contains 7 calories for each gram. If you regularly drink alcohol, cutting back or eliminating it from your diet can be an easy way to reduce calories. Getting enough quality sleep is important for weight management.A 2021 study found that better sleep health was associated with greater weight loss and fat loss during a 12-month weight loss intervention.Most adults should aim for at least 7 hours of sleep per night to support overall health and maintain a moderate weight.You can easily add extra activities into your day by increasing the amount of non-exercise activity you do. This includes standing, fidgeting, or just generally moving around.These activities may help you burn additional calories per day, depending on factors like your body size and activity level.Easy ways to add extra activity to your daily routine include walking around while talking on the phone, standing up regularly, working at a standing desk, or taking the stairs instead of the elevator whenever possible.It’s not possible to “target” fat loss in just your abdominal area, but many strategies can help support overall fat loss and weight loss effectively. Just keep in mind that weight loss won’t necessarily make your abdomen flat. Some people might always carry some extra weight in this area due to genetics and other factors. If you want to learn to accept your body as it is, body neutrality may be a helpful framework. Healthline has strict sourcing guidelines and relies on peer-reviewed studies, academic research institutions, and medical journals and associations. We only use quality, credible sources to ensure content accuracy and integrity. You can learn more about how we ensure our content is accurate and current by reading our editorial policy.Added sugars on the nutrition facts labels. (2024). C, et al. (2018). Adherence to a Mediterranean diet and long-term changes in weight and waist circumference in the EPIC-Italy cohort. A, et al. (2023). High fiber diet. A, et al. (2020). The influence of the gut microbiome on obesity in adults and the role of probiotics, prebiotics, and synbiotics for weight loss. AM, et al. (2017). Stress, cortisol, and other appetite-related hormones: Prospective prediction of 6-month changes in food cravings and weight. J-P, et al. (2018). Sleeping hours: What is the ideal number and how does age impact this? T-L, et al. (2019). Is the goal of 12,000 steps per day sufficient for improving body composition and metabolic syndrome? The necessity of combining exercise intensity: A randomized controlled trial. N, et al. (2018). Non-exercise activity thermogenesis (NEAT): A component of total daily energy expenditure. Carvalho KMB, et al. (2020). Dietary protein and appetite sensations in individuals with overweight and obesity: A systematic review. Mello AH, et al. (2019). Omega-3 polyunsaturated fatty acids have beneficial effects on visceral fat in diet-induced obesity model. SR, et al. (2019). Physiological process of fat loss. summary: Physical guidelines for Americans, 2nd edition. (n.d.). and shellfish. (2022). Artiles R, et al. (2019). Mindful eating and common diet programs lower body weight similarly: Systematic review and meta-analysis. the facts: Added sugars. (2024). to know grains: Why you need them and what to look for. (2024). ̂çer E, et al. (2017). Efficacy of moderate-intensity walking provided feedback by ECE PEDO on abdominal fat in overweight and obese women: A randomized, exercise study. C, et al. (2020). Metabolic adaptation to calorie restriction. TT, et al. (2021). Are dietary proteins the key to successful body weight management? A systematic review and meta-analysis of studies assessing body weight outcomes after interventions with increased dietary protein. AK, et al. (2019). The role of fiber in energy balance. Y, et al. (2023). Dietary sugar consumption and health: Umbrella review. JB, et al. (2020). Energy intake and satiety responses of eggs for breakfast in overweight and obese adults—a crossover study. JE, et al. (2016). Effects of dietary protein intake on body composition changes after weight loss in older adults: A systematic review and meta-analysis. CE, et al. (2021). The association between sleep health and weight change during a 12-month behavioral weight loss intervention. AG, et al. (2017). A healthy approach to dietary fats: Understanding the science and taking action to reduce consumer confusion. KC, et al. (2019). The relationship between whole grain intake and body weight: Results of meta-analyses of observational studies and randomized controlled trials. ̂nez-Gómez MG, et al (2022). Metabolic adaptations to weight loss: A brief review. M, et al. (2018). The relationship between vegetable intake and weight outcomes: A systematic review of cohort studies. R, et al. (2023). Low carbohydrate diet. N, et al. (2019). Association between nutrients and visceral fat in healthy Japanese adults: A 2-year longitudinal study brief title: Micronutrients associated with visceral fat accumulation. S-J, et al. (2018). Association between egg consumption and metabolic disease. F, et al. (2016). Metabolic effects of monounsaturated fatty acid-enriched diets compared with carbohydrate or polyunsaturated fatty acid-enriched diets in patients with type 2 diabetes: A systematic review and meta-analysis of randomized controlled trials. ̂rez-Campillo R, et al. (2013). Regional fat changes induced by localized muscle endurance resistance training. C, et al. (2022). Lean mass sparing in resistance-trained athletes during caloric restriction: the role of resistance training volume. F, et al. (2018). Differences of energy expenditure while sitting versus standing: A systematic review and meta-analysis. SN. (2016). Increased hydration can be associated with weight loss. ̂rris C, et al. (2018). Nutrients in fish and possible associations with cardiovascular disease risk factors in metabolic syndrome. . Department of Agriculture, Agricultural Research Service. (2019). FoodData Central. F, et al. (2020). Effects of 3-month high-intensity interval training vs. moderate endurance training and 4-month follow-up on fat metabolism, cardiorespiratory function and mitochondrial respiration in obese adults. article is based on scientific evidence, written by experts and fact checked by experts.Our team of licensed nutritionists and dietitians strive to be objective, unbiased, honest and to present both sides of the argument.This article contains scientific references. The numbers in the parentheses (1, 2, 3) are clickable links to peer-reviewed scientific papers. Foods that can help with bloating include avocados, bananas, cucumbers, fennel, ginger, and turmeric. These foods, some of which are full of fiber and water, are good to eat for a flat belly. Some of the fastest ways to get rid of bloating include drinking plenty of water, eating fresh produce and healthy fats, and reducing your soda and sugar intake. It's also important to pair a nutrient-rich diet with an active lifestyle and exercises that strengthen the core for a flat belly. Bloating causes your belly to feel full and look distended. Some of the most common causes include constipation, lactose intolerance, and weight gain. Read on to learn more about what foods reduce bloating fast to flatten your stomach. You can help flatten your belly by reducing bloating. Constipation and weight gain are common causes of bloating, which causes the abdomen to feel full and look distended. The following foods and drinks can alleviate bloating. Reach for a handful of almonds for a nutrient-dense snack. Almonds contain monounsaturated fat, which can help your body burn fat and fight hunger. A study published in 2019 examined the relationship between almonds and appetite control. The researchers found that people who ate almonds were less hungry and had a lower desire to eat than those who ate crackers or drank water. Asparagus is full of antioxidants. This spring vegetable is a source of soluble and insoluble fiber. Your body digests fiber slowly, keeping you full for long periods between meals. Asparagus is a natural diuretic and facilitates the removal of water and waste to decrease discomfort and bloat. It also contains prebiotics, which act as fuel for healthy bacteria in your gut. One medium raw California avocado contains 9.25 grams (g) of filling fiber and 13.3 g of heart-healthy monounsaturated fat. This healthy fat is vital to gut health. Research has shown that avocados allow for ease of digestion. They also help the body increase its absorption of other nutrients and antioxidants. A banana may be your best bet if you're craving an afternoon snack. This fruit is a rich source of potassium and is packed with resistant starch. Your body doesn't digest this healthy carbohydrate, so it keeps you full for long periods. Bananas may also help prevent water retention in your body. Potassium regulates sodium levels, decreasing the risk of bloating. Herbal teas have been shown to protect against diabetes and high blood pressure. Two such teas that can foster weight loss are chamomile and peppermint. Drinking these types of tea can be helpful for weight loss in different ways. Chamomile may improve sleep. Too little sleep has been linked to an increase in belly fat. Peppermint tea can reduce bloating, making your belly look flatter. Cucumbers have a high water content of 96%. Foods that have a high water content help keep you hydrated. Staying hydrated prevents constipation, which causes bloating. This vegetable is also a source of antioxidants, which reduce swelling. This crunchy vegetable is also extremely versatile: Eat it in a chopped salad, add it to a smoothie, or munch on cucumber slices with hummus. Try dark chocolate if you have a sweet tooth. Good quality dark chocolate, or anything above 65% cacao, can actually be good for you. Research has shown that eating at least 30 g or more of dark chocolate daily between four to eight weeks is linked to lower body weight and BMI. This perennial herb offers some benefits for your belly. Fennel has been used to improve digestion, relieve gastrointestinal (GI) spasms, and reduce bloat. You can eat fennel raw or cooked if you want to try the herb. Try sprinkling it on pizza or making tomato-fennel soup. You might know that ginger can do wonders to calm an upset stomach if you've ever sipped on a glass of ginger ale while sick. The root is also good for dealing with bloat. Ginger has been used for centuries as a natural remedy to treat bloating, thanks to compounds that move food through your gut. The root can also reduce gas or indigestion. An easy way to include ginger in your diet is to make ginger tea. Combine half a teaspoon of ground or freshly grated ginger with one cup of hot water. This brightly colored tropical fruit is a rich source of vitamins A, C, E, and folate. Papayas also contain an enzyme called papain. This enzyme helps your GI system break down hard-to-digest foods, preventing inflammation and belly bloat. You can eat papaya whole and fresh. It's also wonderful in a smoothie, in salads, or thrown on the grill with a drop of olive oil. Opt for quinoa, grain that's naturally gluten-free, if you're sensitive to foods with gluten. People with a non-celiac gluten sensitivity may develop digestive issues, including bloating, after eating gluten. Quinoa is a source of fiber, which aids in digestion and prevents constipation. Turmeric is a source of the compound curcumin, which gives the spice its golden-orange color. Some evidence suggests that curcumin might alleviate irritable bowel syndrome (IBS) symptoms. IBS is a digestive disorder that may cause bloating, constipation, and diarrhea. Whole grains are a source of filling fiber, which aids digestion and increases feelings of fullness. Some evidence suggests high consumption of whole grains lowers the risk of weight gain and obesity. Whole grains help regulate blood sugar and insulin levels compared to refined grains. You can start your day with oatmeal, snack on plain popcorn, or choose quinoa and brown rice over white rice. Some foods can help with bloating, while others can worsen it. Try avoiding the following foods and drinks if you have GI distress, including bloating: Beans and lentils Cruciferous vegetables, such as broccoli, Brussels sprouts, and cauliflower Dairy products High-FODMAP foods, such as apples, garlic, and some processed meats Garlic Soda There are other ways you can alleviate or prevent bloating in addition to changing what you eat or drink. You might try the following: Consider supplements: Talk to a healthcare provider or pharmacist about probiotics or digestive enzymes. These supplements aid in digestion and can reduce bloating.Eat slowly: Take your time while chewing your food. This decreases how much air you take in while eating, which causes bloating. You'll also want to avoid talking while eating.Get plenty of exercise and sleep: A lack of exercise can lead to constipation, which causes bloating. Aim for 150 minutes of aerobic exercise, such as running or walking, per week. Sleep deprivation may also result in GI distress. The average adult needs about seven to nine hours of sleep per night.Keep a food journal: It might help to write down what foods and drinks you consume. A food journal can help you identify what might be causing GI distress. Talk to a healthcare provider if you continue to have bloating after making dietary and lifestyle changes. Bloating may be a sign of an underlying health concern, such as IBS. There are many foods that can help you reduce bloat and flatten your belly. Cucumbers, ginger, almonds, dark chocolate, avocados, and peppermint tea are only a few of the examples of foods that can help you feel less bloated. These foods also add more nutrients to your diet. Remember to pair a nutrient-rich diet with regular physical activity. Staying hydrated can also help prevent constipation, which may cause bloating. Drink plenty of water, and see a healthcare provider if you're concerned about your bloating. Thanks for your feedback! Fat around the belly can be challenging to lose. People cannot spot-reduce fat, but there are many methods that a person can use to reduce overall fat levels.Many people with excess body weight carry fat around their midsection. This fat is a risk factor for many health conditions, including heart disease and type 2 diabetes.Techniques that may help people get a flat stomach include:Share on PinterestBuena Vista Images/Getty ImagesMany cardio exercises are effective in trimming and strengthening a person’s midsection. Some examples include running, walking, and swimming.Research has shown that aerobic exercise training consistent with the minimum recommended levels of physical activity may induce modest weight loss, even without a reduction in calorie intake.Fiber also keeps the digestive system functioning. A healthy digestive system can reduce bloating and keep the stomach looking slim.Carbohydrates are a source of energy for the body, but not all carbs are equally healthy. The body transforms certain carbs, such as white bread and white pasta, into glucose. When a person consumes more glucose than is necessary, the body stores the excess as fat.A person looking to reduce the amount of fat around their midsection should limit their consumption of refined carbs.As carbs are essential for energy, people should still eat healthy, whole-grain varieties.Protein offers the body building blocks to repair and grow muscle, and it also helps a person feel fuller for longer.A 2021 study found that men who exceeded the recommended daily allowance of protein had reduced visceral abdominal fat.People should opt to stand when lifting weights or doing resistance training. Standing while performing certain movements, such as bicep curls, can help a person engage their core as they lift.This engagement can help strengthen the core muscles and trim the stomach area.Doing resistance training can help ensure that a person who is cutting calories does not lose muscle mass. Developing muscle mass can also help the body burn more calories while at rest.Common types of resistance training include weightlifting and doing exercises that use body weight, such as squats and lunges.People can do resistance training by itself or in conjunction with cardio. The results of a 2014 study in obese adolescents suggest that combining both resistance and cardio training is an effective way to reduce body fat.People looking to lose belly fat can try adding in extra movement and activity throughout the day, especially if they generally spend most of the day sitting at work or school.Examples of small activities that add up throughout the day include:One 2015 study even suggested that adding this extra movement could help a person burn up to 2,000 additional calories a day, depending on their body weight and activity level.High calorie beverages often provide few or no nutrients, and drinking them makes it easy to overindulge in extra calories without realizing it.There are some obvious offenders, such as soft drinks and energy drinks. However, other popular drinks, including juice, milk-based coffee beverages, and alcoholic drinks, have extra calories, often with no additional nutritional value.To avoid consuming too many calories in drinks, a person can:swap juice for whole fruits, which are full of fiberlimit or avoid milk and sugar in coffee and teamake mixed alcoholic drinks with soda water instead of tonic, cola, or ginger alePeople can minimize water retention and bloating, both of which can make a person’s stomach look larger, by drinking plenty of water.Drinking a glass of water before a meal could also fill up the stomach and help with portion control during the meal.People can drink plain water or infuse it with citrus fruits, cucumber, or berries to add flavor. Drinking herbal teas is another excellent way to stay hydrated.The core muscles are those around the trunk, which include both abdominal muscles and back muscles. Working on the core can help a person gain muscle and burn more calories throughout the day.A strong core will also support the body during a variety of other activities, including cardio and resistance training, reducing the likelihood of injury.Building up core muscles can help the stomach look and feel toned when a person loses belly fat.Sleep is necessary for overall health, including maintaining a healthy weight.Research from 2018 found that sleep deprivation affects the hormones that regulate a person’s appetite and can make them feel hungrier. The authors noted that increasing sleep duration and improving sleep quality could help people lose weight.People can get more sleep and improve sleep quality by:keeping electronics out of the bedroomgoing to bed 30–60 minutes earlier than usualdoing relaxing stretches or meditation before bedgetting enough sunlight throughout the dayexercising regularlyavoiding caffeine and alcohol before bedThere is an association between stress and several health issues. These issues include weight gain, which may occur because some people are prone to eating when stressed. This effect may be due to the release of cortisol, a stress hormone that can boost appetite.Ways to relieve stress include:doing aerobic exercisetalking with a loved onetrying mindfulnessprioritizing important tasksavoiding committing to too many projects and eventstaking time to do an enjoyable hobbyOn top of other exercises, adding a 30-minute walk each day can help a person burn more calories, reduce stress, and sneak in extra movement.Taking 30 minutes to walk at lunchtime can help reduce stubborn fat, and it can also help a person feel more productive in the afternoon.A 30-minute walk after dinner can aid digestion and stop someone from spending this time being sedentary in front of the television.Keeping a food journal can help a person reflect on what they have eaten and lead them to make more healthy decisions at mealtimes and when snacking.People sometimes underestimate how much they have eaten throughout the day or forget to consume key nutrients, opting for unhealthy snacks instead. Keeping a food journal for 1 or 2 weeks can help someone identify the source of their extra calories.By eating too quickly, a person does not give their brain time to register that they are full until they have already consumed too many calories during a meal.Eating quickly can also cause a person to swallow more air, which can lead to excess gas and bloating.HIIT involves short bursts of intense movement with brief periods of rest between them. This type of interval training can help a person burn more calories in a shorter time than some traditional exercise options.A 2018 review of studies found that HIIT training, especially running, could help reduce both total body fat and abdominal fat. HIIT cycling may also be effective, but more research is necessary to confirm this.Food sensitivities can cause various gastrointestinal symptoms, including gas, bloating, and constipation. Foods that people commonly have sensitivities to include dairy, eggs, and gluten.If a person feels bloated or has other digestive problems after eating a particular type of food, they should speak to a doctor or dietitian.Below are some frequently asked questions about how to get a flat stomach.Losing weight is usually a process that takes time. However, if a person wants to lose belly fat in 2 weeks, there are a few things they can do to speed up the process. This includes doing aerobic exercise training, increasing fiber and protein intake, reducing refined carbohydrates from their diet, and eating slowly, There are many ways in which a person can get a flat stomach. Adding extra exercise to the daily routine, increasing fiber intake, and sleeping more can all help slim a person’s waistline.Before starting a new exercise regimen, people should speak to a doctor about any health concerns.Medical News Today has strict sourcing guidelines and relies on peer-reviewed studies, academic research institutions, and medical journals and associations. We only use quality, credible sources to ensure content accuracy and integrity. You can learn more about how we ensure our content is accurate and current by reading our editorial policy.Dâmaso, A.R., et al. (2014). Aerobic plus resistance training was more effective in improving the visceral adiposity, metabolic profile and inflammatory markers than aerobic training in obese adolescents [Abstract]. The carb that helps you manage diabetes. (2022). C. M., et al. (2015). Effects of a high vs moderate volume of aerobic exercise on adiposity outcomes in postmenopausal women: A randomized clinical trial. G., et al. (2021). Effect of protein intake on visceral abdominal fat and metabolic biomarkers in older men with functional limitations: Results from a randomized clinical trial. your eating habits. (2022). Keeping a food diary. (2023). J. P., et al. (2012). Quality protein intake is inversely related with abdominal fat. J., et al. (2016). Sugar-sweetened beverage consumption is associated with change of visceral adipose tissue over 6 years of follow-up. F., et al. (2018). Effect of high-intensity interval training on total, abdominal and visceral fat mass: A meta-analysis. 2Fs40279-017-0807-yQian, F., et al. (2016). Metabolic effects of monounsaturated fatty acid-enriched diets compared with carbohydrate or polyunsaturated fatty acid-enriched diets in patients with type 2 diabetes: A systematic review and meta-analysis of randomized controlled trials. S., & Cauter, E. V. (2018). Sleep influences on obesity, insulin resistance, and risk of type 2 diabetes [Abstract]. and resistance training exercise. (2018). and eating. (2013). D. L. et al. (2018). The effects of exercise and physical activity on weight loss and maintenance. P. A., et al. (2015). Nonexercise activity thermogenesis in obesity management. P. (2014). Why you should train the core standing up. Q., et al. (2014). Added sugar intake and cardiovascular diseases mortality among US adults. With spring here and summer on the horizon you may be thinking more about banishing belly fat. Maybe you’re feeling the bloat or you just want to look better in your clothes. Whatever the reason, it’s a common desire to reduce fat in the abdominal area. By now we know that you can’t spot-reduce fat. It’s not as simple as doing a bunch of crunches – in order to see a difference you’ve got to change your lifestyle which means paying attention to not just your calories and what you’re eating, but to your movement, water intake and even your stress levels. Amy Goodson MS, RD, LD, CSSD, a registered dietitian and consultant in the Dallas-Fort Worth area with an emphasis in overall health, wellness and sports nutrition says that while no single food will magically melt away belly fat, certain nutrient-rich choices can support better digestion, reduce bloating and promote fullness. These 10 foods are packed with fiber, healthy fats, probiotics and anti-inflammatory nutrients that help improve gut health, regulate appetite and keep your stomach feeling lean and comfortable. Berries iStock Raspberries, blackberries, blueberries and more come in colorful hues and are a sweet topping or a dessert on their own. “Packed with fiber and antioxidants, berries can help regulate digestion and reduce inflammation that contributes to bloating,” says Goodson. “Their low sugar content also supports balanced blood sugar levels.” Leafy Greens Shutterstock Leafy greens are the basis of a great salad, and they can really do a body good. “High in water and fiber, leafy greens like spinach and kale help prevent constipation and support a healthy digestive tract, both of which can minimize belly puffiness,” says Goodson.6254a4d1642c605c54bf1cab17d50f1e iStock If you’re looking for a snack that will keep you satisfied, nuts might be your BFF. “A handful of almonds or walnuts provides fiber, protein and healthy fats that help keep you full longer and stabilize blood sugar to reduce cravings and midsection weight gain,” says Goodson. Eggs Shutterstock Whether they’re your go-to for breakfast, or you eat them hardboiled as a snack, eggs can be amazing for your physique. “Eggs are a protein powerhouse that helps build lean muscle and keeps you satisfied, both of which can support a flatter appearance when paired with regular exercise,” says Goodson. Oatmeal iStock “Oats are rich in soluble fiber, which aids in digestion and helps feed beneficial gut bacteria that reduce bloating and support metabolic health,” says Goodson. Have this for breakfast and add healthy toppings of your choosing. Shutterstock Sardines are an easy protein you can toss in your salad or pasta. But did you know they can help with the belly bloat, too? “These small fish are loaded with omega-3 fatty acids and protein, both of which can fight inflammation and promote fat metabolism, including around the belly,” says Goodson. Avocado Shutterstock Avocados are “extra” for a reason – they provide so many benefits to your body, including helping you get that coveted flat stomach. “Rich in monounsaturated fats, fiber, and potassium, avocados help manage belly fat, improve digestion and reduce water retention,”