

8 Rules for a Flat Stomach

1. Drink sufficient water - Water is life! Your body and also your muscles contain a lot of water. That's why it is extremely important to drink a sufficient amount of water consistently. I recommend at least **two liters per day**.

2. Drink green tea - To maximize green tea's benefits for a flat tummy, it is best to drink four to **five cups of green tea per day in combination with 180 minutes of exercising per week**. In addition, drinking it between your meals can help appease feelings of hunger.

3. Eat sufficient protein - Proteins are the most important building blocks for muscles. I recommend **eating daily between 1.5 and 2 grams of protein per kilogram of body weight**. That way your body is optimally supplied with this important flat stomach food. Chicken, eggs or low fat yogurt are great animal sources of protein with small amounts of saturated fat. For plant based proteins, consider lentils and quinoa as flat stomach foods.

4. Give up on sugar - Sugar is addictive and it makes you fat - period! Eating sugar increases your blood sugar level, resulting in a release of insulin. To explain it in simple words... the fat hormone insulin transports nutrients to your body's cells and promotes the storage of fat.

According to a survey I conducted, sweets and a possible sugar addiction are likely one of your **BIGGEST** struggles when it comes to eating clean and healthy.

5. Fruits in moderation - Apart from all the health benefits, fruit also contains sugar. And to your body, it is rather indifferent where the sugar is coming from. To get your tummy fat under control, limit your fruit consumption **to two portions per day**.

6. Eat sufficient vegetables daily - Vegetables are excellent flat stomach foods. They are the perfect fruit alternative containing valuable vitamins and fibers and almost no carbohydrates. The big exception is potatoes; you should eat potatoes only in moderation. Try to eat 4-6 portions of non-starchy vegetables per day.

7. Whole grains in moderation - Whole grain products (e.g., oats or whole grain bread) are a healthy alternative to white flour products. They still contain a high amount of their original nutrients and fibers that are important for an active metabolism. Take into account that they also contain many carbohydrates. So don't eat these in excess.

8. Sufficient healthy fats - Low fat nutrition is counter-productive if you want to lose inches around your tummy. Believe me: olive oil, nuts and seeds are all foods for a flat stomach if eaten in moderation. Your body needs fat to be productive and healthy. Unsaturated fatty acids are involved in diverse body processes like the production of hormones for example.

With three tablespoons of good fat per day, you will remain slim and healthy:

- Two tablespoons plant-based healthy cooking oil (e.g., olive oil)
- One tablespoon nuts or seeds