

Lose Belly Fat and Get Heart Healthy with the MUFA Diet

The MUFA diet is will be one of the easiest diets you have ever followed. Because you replace unhealthy, bad cholesterol raising fats with good cholesterol fats, you will lose weight AND increase your heart AND diabetic health! Experts agree eliminating foods with fat just doesn't work. Eating low fat foods has not made a large impact on health, according to the Harvard School of Public Health.

MUFA stands for monounsaturated fatty acids. MUFA's are labeled as good fats because they help raise beneficial cholesterol levels. Focus on unprocessed foods which do not contain trans fat, saturated fat or animal-based fat. Check nutrition labels to find foods containing unsaturated fat such as sesame, olive, sunflower, walnut, flax seed and soybean oil. Always look for extra virgin, unrefined oils. Other high MUFA foods are raw almonds, walnuts, flax seeds, raw nut butters, avocados and black olives.

Spanish researchers recently published a study showing that eating a diet rich in MUFAs can actually help prevent weight gain in your belly. The researchers looked at the effect of three different diets—one high in saturated fat, another high in carbohydrates, and a third rich in MUFAs—on a group of patients with abdominal fat distribution. All three diets contained the same number of calories, but only the MUFA diet was found to reduce the accumulation of belly fat and, more specifically, visceral belly fat. The key to this diet is to replace at least 50 percent or all of your daily fat consumption with MUFA fats. It is important to remember the total caloric intake needs to remain below 2000 calories a day.

Here is a delicious dressing I made this week: 1/2 cup raw almond butter, 1/2 cup extra virgin olive oil, 1/2 cup Braggs raw apple cider vinegar, 1/2 cup Braggs amino acids, 1/4 cup black strap molasses, 1 tsp tarragon, 1/2 tsp red pepper. Pour liberally over your favorite salad and enjoy.

Best of health to you,

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