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What Causes Belly Fat (and What to Do About It)

by Jeff "The Muscle Nerd" Anderson (with comments from Shawn Horwood)

My comments will be italicized so it's easy to tell what Jeff is saying and what I'm saying. Belly fat is obviously a big topic - especially in North America. Nobody likes having fat around their belly, and it seems to be the biggest problem area for the majority of people.

Jeff makes some really good points about what causes belly fat and how many people try to get rid of it in the wrong way. Let's see what Jeff has to say about belly fat.

What causes belly fat often depends on a variety of factors including a person's diet, level of activity, body type, genetics, and hormonal balance. Belly fat, or abdominal obesity, is more than a cosmetic challenge; it can seriously challenge your health as well. This is often the reason that people target it and work hard to get rid of it.

Regardless of what causes belly fat, it's a pretty good clue that you may have increased inflammation throughout the body. This can create problems anywhere in your body, not just for your belly. Fat in the abdominal area is additionally a concern for individuals who may develop high blood pressure as well as an increased risk for type 2 diabetes and heart disease due to excess belly fat.

What Kind of Belly Fat Do You Have?

There are actually different kinds of fat on the human body. Intramuscular fat is what runs throughout your muscle tissue. It is a lot like the marbling in a steak. Then we have subcutaneous fat. This is the belly fat that lies directly beneath your skin and is the kind of fat that people think they're working hard to get rid of. Next, we have the visceral fat. This fat is the dangerous kind that's both in and around your organs and behind the muscular wall. When looking at what causes belly fat, we find that it's mostly visceral fat.

Jeff mentions that visceral fat is the dangerous kind - that doesn't mean that other fat isn't dangerous, it just means visceral fat is the worst.

Weight Loss Tips To Get Rid of Belly Fat:

Many people hit the gym in order to get enough exercise to get rid of belly fat once and for all, but what they don't realize is that they're mainly targeting the subcutaneous fat, not the visceral fat. Visceral fat, that hidden cause of belly fat, is best fought with your diet.

From a diet perspective, belly fat is usually caused by eating too many carbs. Therefore, you have to cut back and limit the number of carbohydrates you consume. Believe it or not, you don't have to be very drastic with your carbohydrate limits. Most people that want to fight visceral fat should keep their carbohydrate consumption below 200 grams a day.

You have to pay attention to the type of carbohydrates you consume. If you consume high glycemic carbs, those from high sugar or processed foods, your insulin levels will spike, resulting in belly fat. You should eat foods with low glycemic carbs or complex carbohydrates. Stick with fresh vegetables, whole grains, whole grain bread and whole grain rice. Low glycemic carbohydrates are released slowly into your bloodstream without causing your insulin levels to spike.

Another big cause of visceral fat is beer. You know that beer belly you get from drinking too much beer? That's actually very dangerous both because you're poisoning your liver and other organs with alcohol and you're building up visceral fat. So cutting down (or out) the beer can make a big difference depending on how much you're drinking right now.

Belly Fat Tip To Get Rid Of Your Gut

One great tip that has worked extremely well for many of my clients that are trying to get rid of excess belly fat is

timing when carbohydrates are consumed. It's best to eat high carbohydrate foods early in the day because this is when your metabolism is the highest. As the day progresses, your metabolism begins to slow down. During the late afternoon and evening your metabolism has slowed to a point of not efficiently burning excess carbohydrates. Carbs that aren't burned are stored as belly fat. As you can see, it makes perfect sense to reduce your carbohydrate consumption in the evening.

One thing to keep in mind though is if you are doing exercise (particularly endurance) then you need carbohydrates to keep your body running properly. So if you're doing exercise in the evening, don't completely cut out carbs in the afternoon/evening like many people suggest.

This one tip will help you eliminate one of the biggest obstacles of losing your belly fat. But if you're serious about discovering the secret for [how to lose weight fast](#), then you'll find some more advanced fat-burning tips at www.CombattheFat.com as well as a complete fat-burning program that covers everything from diet to exercise and even how to balance hormones that are holding you back from losing!

Takeaways from this article:

- 1. The best way to target abdominal fat is not through exercise (though it is still important) but through proper, balanced nutrition. Eat natural, whole foods rather than highly processed foods or foods with added preservatives.*
- 2. Eat most of your carbs earlier in the day when your metabolism is higher to reduce belly fat.*

You can also find this article published on [What Causes Belly Fat \(and What to Do About It\)](#), and on the tag pages [belly fat](#), [combat the fat](#), [get rid of stomach fat](#), [how to lose weight](#), [jeff anderson](#), [the muscle nerd](#).