

# The Flat Stomach Food Guide

Eating your way to a flatter stomach.

By [www.flat-stomach-exercises.com](http://www.flat-stomach-exercises.com)

If you've spent any time on my site, [Flat Stomach Exercises](#), you know that flattening your tummy requires more than just exercise. Your diet plays an important role too.

I created this guide to help you choose the right foods to eat as you embark on your tummy flattening journey. ☺

This book is divided into two parts. The first part will help you with your grocery shopping. It tells you the best kinds of foods (and brands) to buy at your local grocery store based on the different food categories.

The last section is an overview of carbs, fats, calories, sodium and protein. It will show you how much you should eat and provide food sources for some of the groups.

**Warning:** You should always consult a doctor before attempting to lose weight so you can receive one-on-one advice that may be specific to your individual needs. This book is a general guide, but should not substitute or override advice you may have received from a physician.

Since this book is in PDF format you'll find it very easy to distribute (just "save as" to your computer and attach to an email or upload to a website.) Or you can just send people to ...

<http://www.flat-stomach-exercises.com/support-files/flat-stomach-food-guide.pdf>

## Ready?

## Let's Get Started!

# Flat Stomach Grocery Shopping

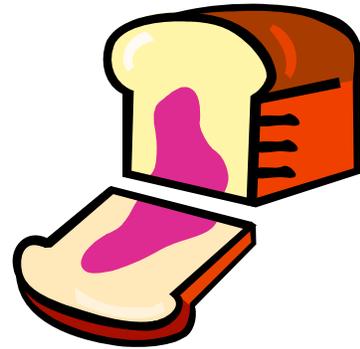
Grocery shopping can be a chore when you're trying to eat healthy, but you don't know what to buy. Below you will find some tips on what to look for and what brands to buy when shopping for various food groups.

Remember, one of the keys to flattening your stomach is eating foods high in protein, fiber and low in sugar and saturated fats. This guide will help you select the best foods for your tummy.

## Bread

### Recommended Brands:

Milton's® Healthy Whole Grain Plus  
Orowheat® Whole Wheat & Honey  
O Organics® Whole Wheat



### Special Tips:

- 1) Look for the word **whole** on the label. Whole wheat and whole grain is best. If it doesn't say "whole" then a lot of the nutrients have been stripped out. "Enriched wheat" or "multigrain" labels may still contain a lot of white flour.
- 2) The statement "made with whole grains" does not necessarily mean whole wheat is the main ingredient.
- 3) The ingredients are listed in descending order by weight. That means the ingredient listed first is present in the largest amount. Be sure whole wheat or whole grain is the first ingredient.
- 4) Look for bread with **100 calories** per slice or less.

## Cereal

### Recommended Brands:

Kashi® GoLEAN®  
Post® Shredded Wheat  
Cheerios® (Plain)  
Kelloggs® All-Bran Original  
Quaker® Oatmeal



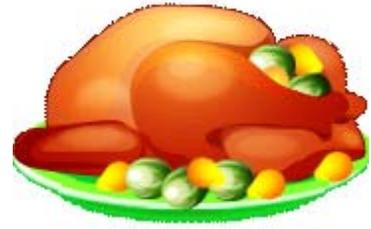
### Special Tips:

- 1) Just like bread, the first ingredient should be whole grain.
- 2) Try to buy cereal with at least 2.5 grams of fat per serving
- 3) Look for "low in sugar" or "no sugar added"
- 4) Granola cereals may sound healthy but a lot of them are high in fat and sugar
- 5) Remember, you can sweeten cereal with fruit.

# Meats

## Recommended Brands:

Laura's Lean Beef  
Naturalite  
Cattleman's Collection (special cuts)



## Special Tips:

- 1) *Select* beef cuts are leaner than *Choice* cuts, (You may have to ask your butcher for *Select* varieties.)
- 2) When buying pork, look for loin or round cuts. They are leaner.
- 3) Look for meat where most of the fat has been cut off.
- 4) Grilling, broiling, baking and roasting are great ways to prepare meat without adding a lot of fat
- 5) Replace ground beef with ground turkey when applicable (tacos, lasagna, etc.)

# Fruits

## The Healthiest Fruits (In no particular order)

**Bananas** – great source of potassium & good for the heart

**Apples** – contain 2-3 grams of fiber and clean teeth naturally

**Blueberries** – lots of antioxidants great for urinary tract

**Grapefruits** – good source of Vitamin C

**Oranges** – good source of Vitamin C

**Apricots** – lots of beta-carotene, which is converted to Vitamin A

**Strawberries** – rich in Vitamin C and antioxidants

**Prunes** – 1/3 cup provides 5 grams of soluble fiber

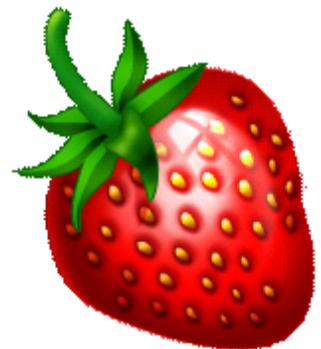
**Cherries** – contain a heart protective ingredient and good source of perillyl alcohol, which helps prevent cancer in animals

**Blackberries** – another great source of fiber

**Raspberries** – high in fiber, antioxidants and Vitamin C

## Special Tips:

- 1) Most berry fruits have lots of Vitamin C and antioxidants and are considered by many experts to be “the healthiest fruits.”
- 2) Even though fruit contains natural sugars, you should still watch your intake.



- 3) Fruit smoothies with honey and whey protein make delicious, healthy snacks.

## Vegetables

**The Healthiest Vegetables** (In no particular order)

**Broccoli** – loaded with Vitamin A & C. Also contains an anti-microbial compound that stimulates cells to create cancer-fighting enzymes

**Carrots** – good source of Vitamins A & K. Fiber too.

**Sweet Potatoes** – a good source of iron, fiber, calcium and protein, along with an enormous amount of beta-carotene and Vitamin C – two powerful antioxidants.

**Spinach** – contains plenty of magnesium, iron and Vitamin A, C, and E.

**Celery** – a good source of potassium, Vitamin A, C and calcium

**Onions** – contains an antioxidant that helps reduce inflammation and fights the effects of free radicals in the body.

**Greens** – rich in Vitamin C, beta-carotene and antioxidants.

**Artichokes** – good source of Vitamin C, magnesium, folate, copper and potassium.

**Cauliflower** – contains omega-3 fatty acids and also a good source of dietary fiber

**Beets** – can lower cholesterol and prevent constipation



## Juice / Drinks

**Recommended Brands:**

Crystal Light®

Welch's® 100% Grape Juice

Ocean Spray® Ruby Red Grape Juice (No Sugar)



**Special Tips:**

- 1) *Low or no sugar* is best
- 2) Try to avoid juices with *high fructose corn syrup* (especially when it's one of the first ingredients listed.)
- 3) Too much sugar is fattening, even if it's natural from fruit juice. Less than 10 grams of sugar per serving is best.
- 4) Try to limit your overall sugar intake to 22 grams per day.

# Tea

## Recommended Brands:

Celestial Seasonings® Green or Black Tea  
Good Earth® Green  
Lipton® Green or Black Tea



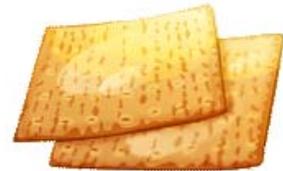
## Special Tips:

- 1) Tea is high in antioxidants and good for fighting inflammation and aiding with weight loss
- 2) To get the full benefits of tea, you should drink 3-4 cups per day.
- 3) Sweeten your tea with honey instead of sugar
- 4) Allow tea to steep for 3-5 minutes to bring out catechins

# Crackers

## Recommended Brands:

RyKrisp (Plain are best)  
Health Valley® Whole Wheat Crackers  
Ryvita®  
Nabisco® Low Sodium, Reduced Fat  
Aunt Gussie's Whole Grain Spelt Cracker Flats



## Special Tips:

- 1) Watch the sodium count and buy “low” or “no sodium” when you can.
- 2) Whole grain is best
- 3) Look for 2 or more grams of fiber per serving

# Salad Dressing

## Recommended Brands:

Newman's Own® (Any of the “Light” varieties)  
Annie's Naturals® (Low Fat varieties)  
Maple Grove Farms® Fat Free Balsamic Vinaigrette

## Special Tips:

- 1) 1 Tablespoon of regular, commercial dressing can add up to 80 calories.
- 2) Salads with a variety of fruits and vegetables don't require as much (if any) dressing.
- 3) Freshly squeezed lemon juice acts as a great, low fat dressing.

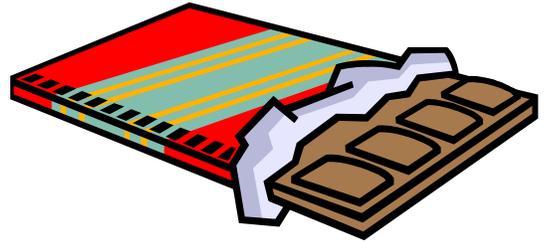


4) Olive oil is one of the healthiest dressings you could ever use.

## Energy Bars

### Recommended Brands:

Kashi® Honey Almond Flax  
Luna® Tea Cakes (Vanilla)  
Luna® Tropical Crisp  
Soyjoy® Berry Bar



### Special Tips:

- 1) Most energy bars have too much sugar! Look for the ones with less than 12 grams.
- 2) Try to keep calorie count below 160 and sodium under 125
- 3) Watch the fat (no more than 5 grams total).

# Flat Stomach Food Tips

It can be confusing when it comes to how many carbs, and fat you should consume, or how much sodium or sugar is too much, etc. So here is a basic guide that you can follow to keep those numbers in check.

**Disclaimer:** These tips are for normal, healthy individuals. If you have heart problems, diabetes or other health conditions, you should consult a physician for personal guidance.

In addition, if you are trying to lose weight, obviously some of the values will differ based on your needs and goals. Please consult a physician for proper guidance.

## Reading Labels

When reading labels on foods, the daily intake figures are loosely based on a 6ft male with a 2,000 calorie-per-day diet.

So if you do not consume 2,000 calories per day or you are trying to lose weight then obviously these numbers may differ for you.

That's why it's important to seek advice from a doctor so you know what's best for your body and weight goals.

## Carbohydrates

You should never cut out carbohydrates completely and I never endorse any kind of "no carb" diet. Carbohydrates provide energy and other nutrients your body needs. The problem comes in when you consume too much of the wrong kind.

Fruits and vegetables are great sources of carbohydrates as well as some dairy products.

Unfortunately people consume too many carbohydrates that have little nutritional value and too much fat and sugar (cake, soda, candy, etc.).

### Quality Carbs

Whole wheat or whole grain breads  
Whole wheat crackers  
Skim Milk  
Fruits  
Vegetables  
Fiber

### How Many Carbs?

Experts say 50 to 60% of the calories you eat per day should come from carbs. So you want to make that a good percentage of that number comes

from high quality carbs like whole grains, whole wheats, vegetables, fruits, etc.

So if you eat 1500 calories per day, then 750 to 900 of those calories should come from carbohydrates.

### **Converting to Grams**

When you read food labels, they often express carbohydrates in grams so it's important to know what that means for your diet.

There are 4 calories in 1 gram of carbohydrates, so if you know you can consume **900** calories of carbs per day, that's **225** ( $900 / 4$ ) grams.

## **Calories**

Calories are important because they provide the body with nutrients. However, too many calories can cause weight gain and lead to other health problems.

So what's your ideal caloric intake?

Of course it will vary based on your age, sex, health condition, pregnancy, etc. However, the National Academy of Sciences recommends the following for normal, healthy individuals:

**2200 Calories** – Children, teenage girls, active women and some older men

**2800 Calories** – Teenage boys, active men and very active women.

Once again, if you are trying to lose weight then of course your caloric intake shouldn't be that high. You may want to drop your calories anywhere from 250 to 500 per day.

Also, notice the calorie amounts for both men and women are for "active" individuals. If you are not active, then you will have to adjust your caloric intake if you want to maintain your weight.

Seek help from a professional to find out what's best for you.

## **Fat**

For healthy individuals, medical experts recommend that your fat consumption should not exceed 30% of your daily calories.

**1600 Calorie Diet** – 53 grams

**2200 Calorie Diet** – 73 grams

**2800 Calorie Diet** – 93 grams

### **Some Fats are Good**

Monosaturated (fish, nuts, olive oil) and polysaturated (fish, seafood, sunflower oil) fats are examples of healthy fats that are good for you.

However, you should limit the consumption of trans and saturated fat (fried and commercially packaged foods.)

## Sodium

Sodium can be tricky. A lot of people don't realize they are consuming a lot of it because they equate it with salty foods.

Sodium is commonly used to preserve foods so you can get heavy doses of it in canned goods, frozen dinners and other pre-packaged foods.

Too much sodium can cause a multitude of heart problems and create other health risks.

For the average, healthy person on a 2,000 calorie-per-day diet, you should not consume more than 2300 milligrams of sodium per day. Of course this number will vary depending on your situation (weight loss, maintain weight, high blood pressure, etc.)

Seek professional advice for your daily recommendations.

## Sugar

Sugar can also be tricky because people often disregard it when trying to lose weight. When you read the calories and fat in a can of soda, the soda doesn't look too bad. But when you see it has 35 grams of sugar, that's another story.

### **Sugar turns to fat when not burned off.**

Natural sugars often found naturally in milk, fruits, etc. is usually not a major problem for most people. It's the **refined or added sugar** which appears in candy, cookies, cakes, etc. that gets people in trouble.

A healthy adult should follow these guidelines for sugar. And again, if you are diabetic or are trying to lose weight then these numbers may vary. Seek help from your physician.

**1600 Calorie Diet** – 6 teaspoons per day (22 grams)

**2200 Calorie Diet** – 12 teaspoons (44 grams)

**2800 Calorie Diet** – 18 teaspoons (66 grams)

**Note:** The average can of soda has 9 teaspoons of sugar. As you can see, that 1 can exceeds the daily allowance for someone on a 1600 calorie diet.

## Fiber

Even though fiber is considered a "quality carbohydrate" I thought I'd create a section for it because it's so important.

Fiber has been linked to help prevent breast and colon cancer and it may also help lower the LDL cholesterol, which can help prevent heart disease.

**Soluble fiber** partially dissolves in water and is also good at combating Irritable Bowel Syndrome. It moves bulk through the intestines and controls intestinal acidity.

Soluble fiber food sources include oat bran, barley, nuts, seeds, beans, lentils, fruits and many vegetables.

**Insoluble fiber** passes through the intestines virtually intact. It helps prevent constipation and moves toxic waste through the colon quickly. It's also believed to help prevent colon cancer.

Insoluble food sources include whole wheat, whole grain, bran and vegetables.

Adults should consume up to 25 to 35 grams of fiber per day. Unfortunately most adults only get between 10 and 15.

### **Fiber and Weight Loss**

One reason experts recommend lots of fiber when trying to lose weight is because it slows down stomach emptying, which allows you to feel fuller longer.

When you eat enough fiber you will find it cuts down your cravings and keeps your metabolism active through digestion.

## **Protein**

Protein is an importance substance for our bodies. It helps build muscle, repair tissue and your hair and nails are mostly made up of protein.

Increased levels of protein can promote weight loss. Experts recommend a diet containing 25 to 35% protein for weight loss and 20 to 25% for maintaining weight.

Good sources of protein include: fish, seafood, white meat poultry, eggs, beans, milk, cheese, and soy.

Whey protein is also a substance you can add to your diet to increase your daily protein intake. You can add it to shakes, smoothies or other drinks.

While it may be tempting to eat all protein and no carbs, nutritionists say this is not a good idea. You need a balance of carbs and protein in your diet.

Too much protein and not enough carbs can cause Ketosis. In this case, the body burns fat improperly and can cause loss of appetite, fluids and other problems.

# Moderation and Balance is Key

One important thing to remember is our bodies need balance. Too many carbs, too much fat, sodium, sugars, not enough protein, vitamins etc. is not good for you.

I know you may be tempted to eliminate all carbs or all fats from your diet, but the truth is our bodies need a combination of these substances to remain healthy.

Now there are a couple of groups you can live without. Refined sugars and trans fat could be eliminated completely. However, a little bit here and there is not going to harm the average, healthy individual. Moderation is the key.

So hopefully this book gave you some insight and guidance on how to maintain a healthy diet.

Exercise is a key component to flattening the stomach, but how you eat is just as important, if not more.

Print this guide and hang it on your refrigerator to remind you what to buy and eat. You'll be surprised how a few changes in your diet will make a big difference in your stomach and overall weight.

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Be sure to share this guide with your friends and family. Simply "Save As" to your computer (if you haven't already) and attach it to an email to share.

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Here's to your health!