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## 7 "FATTY" Foods that Can Help You to Get a Flat Stomach

By Mike Geary | July 25<sup>th</sup>, 2017

At this point, the anti-fat propaganda has died and almost everybody understands by now that eating fat doesn't necessarily make you fat. In fact, it's absolutely imperative to get enough healthy fats in your diet to keep your hormones balanced, blood sugar under control, and prevent cravings. Here are 7 examples of "fatty" foods that can actually HELP you to get lean...

### 1. Super Dark Chocolate (at least 72% cacao content or higher)

It might not be a secret anymore, but yes, dark chocolate (NOT milk chocolate) can be a very healthy food, even though it is technically calorie dense.

However, I would contend that dark chocolate can actually HELP you to burn off more body fat if you're the type of person that has a sweet tooth and likes to eat a lot of desserts. In this case, just 1 or 2 small squares of dark chocolate can many times satisfy your sweet tooth for only 30 or 40 calories as opposed to 500 calories for a piece of chocolate cake or a piece of pie.

In addition, dark chocolate is also very rich in healthful antioxidants, including a powerful compound called theobromine which has been shown to help lower blood pressure and have other health benefits. The fat content in a good dark chocolate should come solely from the natural healthy fats occurring in cocoa butter and not from any other added fats. Any chocolates with added fats or other additives will generally not be as healthy.

The reason I say to choose dark chocolates with at least 72% cacao content is that the higher the % of cacao, the lower the % of sugar. However, this does mean that any chocolate over 80% cacao content will generally start to get a more bitter taste and have very little sweetness. If you like this type of taste, then the higher % cacao, the better. Otherwise, a good 75% dark chocolate is in my opinion an almost perfect combination of lightly sweet with a rich chocolate taste. Just remember to keep those daily quantities of chocolate small as it is calorie dense!

### 2. Coconut milk, coconut flour, and coconut oil

Coconut milk and oil are great sources of a super healthy type of saturated fat called medium chain triglycerides (MCTs), including a component called lauric acid, which is a powerful nutrient for your immune system, and is lacking in most western diets. In addition, MCTs are readily used for energy by the body and less likely to be stored as bodyfat compared to other types of fats.

Along with coconut milk and coconut oil as healthy fat choices, we've also got coconut flour

as a healthier flour option for baking. Coconut flour is an extremely high fiber flour alternative (almost ALL of the carbs in this flour are fiber and not starch!). Coconut flour is also VERY high in protein compared to most flours and is also gluten free!

### 3. Grass-fed (pasture-raised) butter

Yes, delicious smooth and rich BUTTER (real butter, not deadly margarine!)...It's delicious, contains loads of healthy nutritional factors, and does NOT have to be avoided in order to get lean. In fact, I eat a couple pats of grass-fed butter daily and maintain single digit bodyfat most times of the year.

In fact, there's even ample evidence that REAL butter can even help you to lose body fat for a couple of main reasons:

a. Grass-fed butter is known to have high levels of a healthy fat called CLA, which has been shown to have anti-cancer properties, and also has been shown to help burn abdominal fat and build lean muscle.

b. Grass-fed butter also has an ideal balance of omega-3 to omega-6 fatty acids (unlike conventional grain-fed butter) which helps fight inflammation in your body, and can help balance hormones.

c. The healthy fats in grass-fed butter also contain MCTs, which help to boost your immune system and are readily burned by the body for energy. The healthy fats in grass-fed butter also help to satisfy your appetite and control blood sugar levels, both of which help you to stay lean!

d. Grass-fed butter also contains the vitally important nutrient vitamin K2. Vitamin K2 works alongside vitamin D and calcium for proper calcium metabolism in your body, and is also involved in balancing hormones by making vitamin D more powerful. Vitamin K2 is generally only found in grass-fed animal products such as butter, cream, full fat cheeses, and organ meats, so it's hard to obtain from plant sources except for certain types of fermented foods. It's one of THE most important vitamins for overall health that many people lack, and it's found in that beautiful grass-fed butter that we all love!

### 4. Whole Eggs, including the yolk (not just egg whites)

Most people know that eggs are one of the highest quality sources of protein. However, most people don't know that the egg yolks are the healthiest part of the egg... that's where almost all of the vitamins, minerals, and antioxidants (such as lutein) are found in eggs.

In fact, the egg yolks contain more than 90% of the calcium, iron, phosphorus, zinc, thiamin, B6, folate, and B12, and panthothenic acid of the egg. In addition, the yolks contain ALL of the fat soluble vitamins A, D, E, and K in the egg, as well as ALL of the essential fatty acids. Also, the protein of whole eggs is more bio-available than egg whites alone due to a more balanced amino acid profile that the yolks help to build.

Just make sure to choose free-range organic eggs instead of normal grocery store eggs.

#### 5. Grass-fed beef or bison (NOT the typical grain-fed grocery store beef!)

I know most people think that red meat is unhealthy for you, but that's because they do not understand how the health of the animal affects how healthy the meat is for consumption. Keep this in mind -- "an unhealthy animal provides unhealthy meat, but a healthy animal provides healthy meat".

Typical beef or bison that you see at the grocery store is raised on grains, mainly corn (and to some extent, soybeans). Soy and corn are NOT the natural diet of cattle or bison, and therefore changes the chemical balance of fats and other nutrients in the beef or bison. Grain-fed beef and bison is typically WAY too high in omega-6 fats and WAY too low in omega-3 fats. In addition, the practice of feeding cattle corn and soy as the main portion of their diet upsets their digestive system and makes them sick... and it also increases the amount of dangerous e-coli in the meat. This is not the case with grass-fed meat.

On the other hand, grass-fed beef from cattle and buffalo (or bison) that were raised on the type of natural foods that they were meant to eat in nature (grass and other forage), have much higher levels of healthy omega-3 fats and lower levels of inflammatory omega-6 fats (that most people already eat way too much of) compared to grain fed beef or bison.

Grass fed meats also typically contain up to 3 times the Vitamin E as in grain fed meats.

In addition, grass-fed meat from healthy cattle or bison also contain a special healthy fat called conjugated linoleic acid (CLA) in MUCH higher levels than grain-fed meat. CLA has been proven in scientific studies in recent years to help in burning fat and building lean muscle (which can help you lose weight!). These benefits are on top of the fact that grass-fed meats are some of the highest quality proteins that you can possibly eat... and this also aids in burning fat and building lean muscle.

6. Avocados Even though avocados are typically thought of as a "fatty food", they are chock full of healthy fats! Not only is this fruit (yes, surprisingly, avocados are actually a fruit) super-high in monounsaturated fat, but also chock full of vitamins, minerals, micro-nutrients, and antioxidants.

#### 7. Nuts: Walnuts, Almonds, Pistachios, Pecans, Brazil Nuts, Macadamias, etc

Yes, this is yet another "fatty food" that can actually help you burn belly fat! Although nuts are generally between 75-90% fat in terms of a ratio of fat calories to total calories, this is another type of food that is all healthy fats, along with high levels of micronutrients such as vitamins, minerals, and antioxidants. Nuts are also a good source of fiber and protein, which of course, you know helps to control blood sugar and can aid in fat loss.

Nuts also help to maintain good levels of fat burning hormones in your body (adequate healthy fat intake is vitally important to hormone balance) as well as helping to control

appetite and cravings so that you essentially eat less calories overall, even though you're consuming a high-fat food. My favorite healthy nuts are pecans, pistachios, almonds, macadamias, and walnuts, and by eating them in variety, you help to broaden the types of vitamins and minerals and also the balance of polyunsaturated to monounsaturated fats you obtain.

Try to find raw nuts instead of roasted nuts if you can, as it helps to maintain the quality and nutritional content of the healthy fats that you will eat.

One of the little "tricks" that I've used with clients when trying to cut down body fat is to have them eat a handful of nuts such as almonds or pecans about 20 minutes before lunch and dinner. This ends up being a perfect time to control your appetite before lunch or dinner and helps you to eat less overall calories on that meal.