FRUITS & VEGGIES

How to Encourage Belly Fat Loss with this Refreshing Banana Drink

By bestfolkmedicine · 25/05/2022 · 2 min read



If you've gained a few extra pounds this winter, it's time to make a change! Now's the best time to start shedding those pounds and prep the body for the summer.

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To encourage weight loss, you should follow the basic rules like reducing the calories you consume on a daily basis and focusing on healthier, whole foods.

In addition to this, you can also opt for weight loss drinks like this banana drink.

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Bananas are weight-loss-friendly foods: they're rich in fiber and they contain starch, a type of carbohydrate which decreases blood sugar and encourages the growth of good gut bacteria.

Bananas will also supply you with awesome vitamins and minerals that will nourish the body and make you more energetic and ready for an active day.

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Can Bananas Help Us Lose Belly Fat?

Bananas are nutritious and they don't cause a blood sugar spike, although many think this is the case and thus, avoid them when dieting.

Banana contains fiber which prevents weight gain and encourages weight loss.

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Feel free to add them to your diet if your goal is to lose stubborn belly fat. Although no food out there can enable targeted weight loss, plenty of foods contribute to weight loss.

Bananas will reduce bloating, manage your appetite, and make an awesome alternative to processed sugar.

As with any other food, banana drinks should be consumed in moderation. No exaggeration is good, no matter how healthy the food is.

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The Ultimate Banana Drink Belly Fat Loss Plan

Breakfast

Banana Smoothie

To make it, you need:

- *A large-sized banana*

- *An avocado*
- *2 tbsps of honey*
- *8 to 10 ounces of plant-based milk*

Prep:

Peel the ingredients which need to be peeled and cut them into smaller pieces. Blend them until homogenous.

Consume the drink in the morning.

Banana Drink for Belly Fat Loss

You need:

1 banana

1 apple

1 orange

1 tbsp of lemon juice

Prep:

Peel the ingredients which need to be peeled. Cut them into smaller pieces and blend them to get a homogenous mixture.

Note:

If you know the fruits and veggies you consume are organic, there's no need of peeling them. The peel is highly nutritious so a good rinse will be enough.

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In fact, banana peels may contribute to the loss of belly fat. According to Susie Bowell, a dietician from Australia, consuming it regularly may help in shedding fat from the midsection.

In one study that Bowl published, fiber increases by 10 percent when the peel is consumed as well. The peel also contains 20 percent more vitamins and minerals.

Therefore, the next time you’re about to throw them away, think twice!

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