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Sushmita SenguptaUpdated: May 28, 2018 16:44 ISTSleep deprivation can make you munch in more caloriesHigh fibre foods and high protein foods promote weight lossHere are 8 ways which can aid weight loss, without exercise Battling fat around your tummy? There are a number of factors that cause and affect tummy fat - from your diet to the level of physical activity to the amount of sleep you get and the amount of stress you take. Generally speaking, you can monitor your weight with the help of a good diet and regular exercise. What if you haven't been able to find time to workout at all? Is there a way to fight tummy fat or any factors that can help?According to Bangalore-based dietitian, Dr. Anju Sood, "You cannot do with just one of them. You have to create a balance of a good diet and regular exercise lose your tummy fat. Basing your weight loss only on your diet is a like a half-baked approach towards attaining the goal. However, some simple changes to your diet and lifestyle can definitely help in the weight loss journey and make it quicker." Here are few things which can help you lose the extra pounds around your waist. 1. Get enough sleepHealth experts stress on 8 hours of quality sleep for a reason. Sleep deprivation may make you munch on more calories than you actually want to or should be having. According to a study led by researchers at King's College London, sleep-deprived people consumed an average of 385 kilo calories per day extra, which is equivalent to the calories of about four and a half slices of bread. The co-author of the study Gerda Pot explained "partial sleep deprivation resulted in a large net increased energy intake of 385 kcal per day." She added, "If long-term sleep deprivation continues to result in an increased calorie intake of this magnitude, it may contribute to weight gain."(Also read: 9 Reasons Why You Need to Relax and Get Good Sleep)2. Check your sugar intakeExcess consumption of sugar puts an extra load on your liver and it can lead fat storage, and the first target is your tummy. Shilpa Arora, Macrobiotic Nutritionist and Health Practitioner, warns, "Don't consume simple sugars like refined flour, bread, white rice cakes and biscuits after 5 p.m." Dr. Anju Sood, Bangalore-based nutritionist, explains the physiology behind cutting down on sugar for weight loss, "Your primary aim should be to prevent food from being converted into unnecessary fat that remains in the body. For this, you need to cut down on complex carbs and High Glycemic Index foods. High GI foods generate a high quantum of sugar, and the excess of it gets converted into fat."(Also read:How to Control Diabetes; 10 Tips to Maintain Blood Sugar Level)3. Drink a lot of waterThis golden rule does much more than just quenching your thirst and keeping you hydrated. Starting your day with a glass of warm water cleanses the digestive system, and improves your metabolism. The custom of drinking water as the first thing in the morning is backed by Ayurveda too. Drinking water regularly prevents the consumption of extra calories. With regular intake we feel fuller and thus, don't eat as much. So grab a water bottle, fill it as a ritual every morning and carry it wherever you go. Shilpa says, "Drink lots of water, hot or warm. This melts fat especially visceral fat."(Also read: 12 Amazing Healing Benefits of Drinking Water in a Copper Vessel)4. Check your portion sizeFood served on large plates deceive you into believing that you are having less food. In reality, your food is just scattered, and you end up gobbling more food than you what you need. Take smaller sized plates for your portions and eat only to the point of satiation. 6. Chew your foodYou've heard your elders scold you to chew your food properly. There's a very important reason behind it. If you eat quickly and just swallow your food without chewing properly, it takes more time to breakdown. Therefore, it hinders your digestion which may lead to weight gain. Also, it takes about 20 minutes for the satiety signals to reach the brain. So, take your time, eat your food slowly and give your brain time to send out the signals of being full. Fibre take longer to digest and also gives you the fuller feeling and thus, prevents the mid-meal bingeing. According to Shilpa, "Eat lots of high-fibre foods like seasonal fruits and summer vegetables. Fibre keeps your body clean of toxins and prevents constipation."Fibre keeps you full for a longer time8. Eat plenty of proteinProtein can do wonders to regulate your appetite. Protein tends to take longer to digest and thus, pushes your body to secrete the gut hormone - Peptide YY, which makes you feel full. According to Dr. Anju Sood, "The other way you can cut down your weight is by increasing your metabolic rate. Protein takes the longest to digest and hence help in maintaining your metabolism." Shilpa suggests, "Eat proteins for dinner like eggs, sprouts, fish and dals. Proteins help build muscle and keep you satiated so you don't over-eat." Proteins takes longer to digest, keep you satiated and prevent over-eating While you can't and shouldn't completely do away with exercise if you want to lose weight, following these tips will definitely take you an inch closer to the svelte body you have been craving for. About Sushmita SenguptaSharing a strong penchant for food, Sushmita loves all things good, cheesy and greasy. Her other favourite pastime activities other than discussing food includes, reading, watching movies and binge-watching TV shows.Show full article If you find it difficult to lose weight from around your stomach, you're not alone - the fat around your tummy is among the hardest to shift, especially if you're in the midst of perimenopause, where fat around the middle becomes extra stubborn. RELATED: How to reduce water retention: 15 ways to get rid of water retention for light-as-air legs If your rounded stomach is caused by bloating (and it often is!), there are some easy ways to ease the discomfort - flattening your tum in the process. 1. Drink coffee A study by the School of Medicine at the University of Nottingham discovered that coffee stimulates 'brown fat' in our bodies, burning sugar and fat to produce body heat. So sipping on your morning Americano is actually good for you and will help keep that tum trim. Nespresso Vertuo Coffee Machine, from £99, Nespresso SHOP NOW READ: Kate Middleton's Starbucks coffee order is healthier than you think 2. Moderate some vegetables - really! Legumes, beans and cruciferous vegetables (the likes of cabbage, cauliflower and brussel sprouts) are all highly nutritious and should certainly feature in your diet however, if you're not used to them, they can unfortunately cause you to become gassy. The best way to introduce them? Slowly. Give your body time to adjust to these types of carbohydrates. 3. Try a juice cleanse If you're looking to feel great on the inside, try a juice cleanse. They help to debloat, reset your body and recharge your energy levels. If a juice cleanse isn't for you, try a juice and soup cleanse combined - packed with nutrient-dense superfoods, the Press London version includes 4 juices and 2 soups per day, to keep you feeling full and fantastic. Beginner Juice Cleanse, from £42, Press London SHOP NOW MORE: 8 best juice cleanses to try in 2022 4. Take debloating supplements The reviews speak for themselves on this one. The JS Health Detox + DeBloat vitamin supports abdominal bloating and your liver's detoxification processes. Containing nutrients to support the body's natural cleansing processes and support digestive discomfort, this vitamin is your ticket to a soothed tummy and healthy liver. READ: Victoria Beckham's 20-minute trick to beat bloating For detoxing, you'll find Milk Thistle which is used in western herbal tradition to maintain and support natural liver cleansing and detoxification processes. Turmeric is proven to maintain and support liver health, and acts as a hepatoprotectant to protect the liver. Turmeric is also a strong antioxidant, which can support free radical damage in the body. For the all-important debloat, you get fennel which is used in western herbal tradition to support normal digestion. Milk Thistle and Turmeric help promote bile secretion and flow. JS Health Detox + DeBloat, £29.99, JSHealth SHOP NOW 5. Get enough sleep It's true - lack of sleep does contribute to weight gain, so make sure you get your full eight hours a night. When our bodies don't get enough sleep, cortisol (the stress hormone) levels increase, which tells your body to save energy and get you through the day. Conserving energy means hanging onto body fat rather than burning it off, and that means a heavy stomach. Maybe your mattress is the problem - check out our edit of the best mattresses with top reviews. SHOP: 17 AMAZING hacks for getting a good night's sleep when it's hot 6. Hit maximum chill First things first, chill out. When you're feeling frazzled, your body produces more of the stress hormone which has a negative effect on your digestive system - leaving you feeling and looking bloated plus, possibly, constipated. Aromatic Electronic Oil Diffuser, £85, ESPA SHOP NOW Try and relax whenever you can, even if it's for a few minutes a day, try listening to a meditation podcast, doing a few yoga poses or zoning out in front of the TV. 7. Take a bath Get that chill time in with a bath - not just your normal bath bomb scented affair but one with Epsom Salts instead. Westlab Epsom salts, £15.99, Amazon SHOP NOW Dump in a tub load (or two cups full to be precise) and it can help reduce bloating by drawing excess water from your tum. It's a great trick for those days you want your tummy to look flatter. 8. Dine on dark chocolate Not for every meal, but a square or two of the darker variety can actually help lessen your tum. It's all down to the monounsaturated fat, which can help to speed up your metabolism. Dark chocolate 70% bar, £3.98, Tony's Chocolonely SHOP NOW Plus, it gives you an energy boost so you might not skip that home workout after all... SHOP: The best gym equipment to make home workouts even more effective 9. Work on your posture Hunching over our desks, phones, tablets and the likes can throw your posture totally out of whack. A good posture not only makes you look slimmer, as you stand taller, but it engages your stomach muscles too. Smart posture corrector, £10.99, Wowcher SHOP NOW Try to sit with your back straight and shoulders back, and place both feet on the floor. If that doesn't work, set yourself a reminder on your phone or computer to sit up straight every 20 or so minutes. You can also buy posture correctors to help, too. 10. Suck on some lemon (water) An easy morning routine to get yourself into is to sip on warm water and lemon first thing; it can help to reduce inflammation in the gut and de-bloat your stomach. 11. Bin the gum When you chew gum, you swallow extra air which leads to, you guessed it, bloating. It tricks your body into thinking it's about to be fed and it starts to prep itself for food - when there's no food for it to process, there's an excess of stomach acid which again, causes bloating. So it might be time to ditch that seemingly innocent, minty habit. SHOP: These are the best women's trainers for everything from sports to style 12. Ditch the salt Cut down on your salt intake to help beat bloating tummies. According to experts, reducing salt to just 3g a day by avoiding all processed foods, will help your body release water it has been retaining to help dilute high salt levels in your body. If you do need to use salt, try to make it natural sea salt; teaspoon to teaspoon, it is lower in sodium than table salt. And stay away from soy sauce which has high levels of sodium and will cause almost instant bloating. You can always flavour your food with other herbs and spices; cayenne pepper, cumin and tabasco sauce will also help boost your metabolism. 13. Avoid food on the go Make sure you slow down and sit down at all mealtimes. It will help you relax and focus on what you are eating. And make sure you mind your manners. Eating with your mouth closed, and not talking while you are chewing, will reduce the amount of air that would otherwise get trapped in your stomach. You should also try to chew more - calories can be reduced by as much as 12 per cent by chewing each mouthful 40 times rather than 15, research has shown. 14. Go green Research has shown a direct link between green tea and smaller waists. Green tea contains compounds called catechins, which increase the release of fat from fat cells, help boost energy expenditure and speed up the burning of fat by the liver. Study participants drank four or five cups a day, but any amount will benefit your body. Pukka Herbs green tea selection 80 bags, £3.50, Amazon SHOP NOW 15. Eat slower This takes practice but eating slower can really help you to beat the bloat. If you're eating too quickly, you're likely to be swallowing larger pieces of food which slow down the digestion process and likely leaves you bloated. Meals should last about 25 to 30 minutes so use this as a ballpark pointer. And remember, some people argue that taking longer to eat your food will mean you eat less overall as your body and brain are given the time to register that you're actually full. READ: The supplements to take daily, from Vitamin D to iron 16. Drink plenty of water Hydration is key to weight loss. Did you know that the brain struggles to recognise the difference between being hungry and thirsty? As it turns out, thirst is often mistaken for a sugar craving so rather than heading to the cupboard and grabbing that secret chocolate bar you've got hidden at the back, try drinking a glass of water instead. Ulla smart hydration reminder, £14.96, Amazon SHOP NOW 17. Drink a glass of water before eating a meal Research has also found that drinking a glass of water before a meal can help to suppress appetite, meaning that you're more likely to indulge in a smaller and healthier sized portion while feeling fuller. One way to remind yourself? With a super chic reusable water bottle. Stainless steel water bottle, £7.79, eBay SHOP NOW 18. Dab a spot of vanilla on your wrists to limit sugar In a study done by St George's Hospital, volunteers who wore a vanilla-scented patch on the inside of their wrists reported reduced cravings for chocolate and other sweet foods compared to a control group. You can replicate the study with a little vanilla extract. Taylor & Colledge vanilla bean extract, £7.05, Amazon SHOP NOW 19. Consume gut-friendly foods A happy gut means you're less likely to bloat or suffer with tummy aches. You can find live cultures and probiotics in gut-friendly food such as yoghurt and kombucha. Mmm. Gut Glory salted caramel yoghurt, £1, Available at ASDA SHOP NOW Muller Kefir Smoothie Raspberry & Pomegranate, £1.30, Tesco SHOP NOW MORE: Fun activewear that will actually make you want to work out 20. Eat more fibre Fibre is proven to help the digestive system function effectively. In turn, a healthy digestive system can reduce bloating. HELLO!'s selection is editorial and independently chosen - we only feature items our editors love and approve of. HELLO! may collect a share of sales or other compensation from the links on this page. To find out more visit our FAQ page.

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