



Flat Belly Diet

Liz Vaccariello, Cynthia Sass

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Prevention magazine is the country's most authoritative, trustworthy, and innovative source for practical health, nutrition, and fitness information. Now, its editors bring you a weight-loss plan that's specifically designed to target your number-one trouble spot: BELLY FAT.

For women over 40, belly fat is incredibly stealth and incredibly stubborn. It's also the most deadly, contributing to a higher risk of heart disease, diabetes, and chronic illness than any other type of fat on your body. Finally, science has helped uncover a key dietary weapon in the fight against belly fat.

Monounsaturated fatty acids, or MUFAs, help dieters lose more weight--in their bellies specifically--and keep it off longer.

Flat Belly Diet! will lead you step by step, day by day, meal by meal toward a flatter belly...and a longer, healthier life.

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