



5 FOODS THAT GET RID OF CELLULITE THE DEFINITIVE GUIDE!

We're a part of a culture that consumes food based on just how good it tastes or how easily available it is to us.

We don't really care about what that food is doing to our body, just as long as it tingles our taste buds and keeps our stomachs full.

But it doesn't mean that our bodies are getting the necessary nutrients it needs to be fit, slim and cellulite-free.

This guide focuses on the kinds of foods you should be including in your diet and foods you should avoid at all costs to keep cellulite at bay.

1. Add Collagen To Your Diet

All that cellulite is essentially caused by a collagen deficiency.

The best way to get collagen is Bone Broth, and you can cook it up yourself.

Also increase your intake of Green leafy veggies, tomatoes, citrus food, and salmon - all great natural sources of collagen. In addition to this, you need to add gelatin-based foods into your diet that introduce great proteins to your body which help building skin repairing cells.



2. Omega-3 Food

Stock up on salmon, mackerel, sardines, tuna and if you're looking for vegetarian options, go for flaxseed, nuts and extra virgin olive oil.



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3. Fruits & Veggies

Include at least 3-4 cups of fruits and veggies to maximize weight loss and lumpy skin appearance. Include a wide variety of fruits from bananas & apples to berries and melons.

Also add green vegetables, beans and sprouts to your daily food for fiber, antioxidants and nutrition.



4. Super Foods

Legumes such as black beans, chickpeas, kidney beans and lentils are rich in proteins but do not contain the excess fat found in most meats. To this, add whole grain foods such as oats, flaxseed, chia seeds, quinoa, brown rice etc that act as perfect substitutes for carbs!

If you're a meat eater, don't skimp out on salmon and mackerel that are high in protein but low in fat content.



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5. Spicy Food

Spicy food contains wonder fat-burning ingredients such as Caspacin, that are known to increase your body's metabolic rate.

The spices you should absolutely include in your diet are Turmeric, Cayenne Pepper, Ginger, Chillies and Sweet Peppers.



Foods to avoid: Goes without saying, that all the foods you're mum tells you is unhealthy, is bad for cellulite!

1. Carbs

Your body needs carbs. For the reason that carbs are the main source of energy. However, we tend to over-indulge in carbs which if not spent on energy gets converted to fat; leading to excess fat, obesity and yes, cellulite!

Getting on a low-carb diet can help you get rid of any storage of fat in the body and also help you improve the appearance of your skin tone. A low-carb diet would **exclude potato-based foods, breads, fried food, sugary foods and alcohol.**



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2. Refined Sugar

Processed or refined sugar is a complete no-no if you want to get rid of cellulite! They are extremely high-caloried and help you gain several pounds which relates to increasing cellulite in most people.



Chocolates, candies, ice creams, cakes, biscuits, cereal and even the sugar in your coffee - they have to go!
Switch to natural sweeteners such as honey if you absolutely need something sweet!



3. Fried, Junk, Salty & Processed

Fried, salty and processed foods are great to taste but are high in low-quality fats!
Cut them out completely and you'll be able to prevent cellulite formation in your skin as well as shed those extra pounds.

