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flat belly diet diabetes pdf

Abdominal obesity, also known as central obesity, occurs when excessive abdominal fat around the stomach and abdomen has built up to the extent that it is likely to have a negative impact on health. There is a strong correlation between central obesity and cardiovascular disease. Abdominal obesity is not confined only to the elderly and obese subjects.

Abdominal obesity - Wikipedia

Dieting is the practice of eating food in a regulated and supervised fashion to decrease, maintain, or increase body weight, or to prevent and treat diseases, such as diabetes. A restricted diet is often used by those who are overweight or obese, sometimes in combination with physical exercise, to reduce body weight. Some people follow a diet to gain weight (usually in the form of muscle).

Dieting - Wikipedia

Fatty deposits of the liver not caused by alcohol. Patients are usually (but not always) overweight and sedentary, have a poor diet, high cholesterol, or have diabetes.

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