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# DOES IT MATTER IF YOU CAN PINCH AN INCH?

Most of us are familiar with the pinch-an-inch rule: for optimum health and body fat levels, you should not be able to pinch more than an inch any place on your body (stomach, thighs, rear, etc.). However, according to Harvard Health, it is the visceral fat deep in your abdominal cavity—and not the just-under-the-skin subcutaneous fat—which has been linked to metabolic disturbances. Visceral fat has also been linked to an increased risk for cardiovascular disease and type 2 diabetes, breast cancer in women, as well as the need for gallbladder surgery.

Below are tips to help you reduce (or prevent the accumulation of) visceral fat in your body:

## CARBS

Reduce the amount of carbohydrates you consume. Low-carb diets help to reduce visceral fat, while Keto diets reduce carb intake and replace it with dietary fat. One study found that obese adults who followed a ketogenic diet lost more fat, especially visceral fat, than people following a low-fat diet.

## SUGAR

Reduce your sugar intake; sugar increases belly fat. Avoid foods with added sugar and stop or limit consumption of sweets and sugary drinks.

## GET ACTIVE

Add aerobic activity to your daily routine. Regular physical activity, and especially aerobic exercise (like brisk walking, swimming, or cycling) and strength training (exercising with weights) help trim visceral fat or prevent its growth.

## SLEEP

If you are not getting enough sleep (five to six hours each night), adjust your bedtime or waking time so that you are able to get at least seven hours of sleep. Studies have found that shortened sleep leads to increased visceral fat.

## VEGGIES

At mealtime, eat your vegetables first. Vegetable fiber is filling and leaves less room for other, less healthy foods.

## DID YOU KNOW

- ✓ Even if you are thin, you can still have harmful accumulations of visceral fat. Pre-menopausal women with the largest waist size in proportion to their height are at greater risk for breast cancer.
- ✓ The risk of developing colorectal adenomas (precancerous polyps) is three times higher for those with high amounts of visceral fat.
- ✓ In a large California study, women with high levels of visceral fat (waist measurements of more than 35 inches) were 37% more likely to develop asthma than women with smaller waists – even if their weight was normal.
- ✓ Visceral fat secretes a protein that contributes to insulin resistance and can lead to type 2 diabetes.
- ✓ A waist circumference greater than 35 inches for women, or more than 40 inches for men, can indicate an elevated risk for heart disease and type 2 diabetes.

### Sources:

Harvard Medical School  
[health.harvard.edu](http://health.harvard.edu)  
 Rush University System for Health  
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 Healthline  
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# BARBEQUE PINEAPPLE AND PORK SKEWERS

Get ready for summer on a stick! You'll love the flavor of this great, healthy, low-carb meal! We found this month's recipe, created by Katerina Petrovska on her blog, Diethood (our new favorite!). Check out her site for more great recipes and cooking tips; better still, click on "shop" for ebooks featuring collections of her recipes at diethood.com.



## INGREDIENTS

### FOR THE BARBECUE SAUCE

- 1 cup low sugar barbecue sauce (use your favorite)
- 1/2 cup pineapple juice
- 1 tablespoon garlic paste or minced garlic
- 1/4 teaspoon salt
- 1/4 teaspoon fresh ground pepper

### FOR THE SKEWERS

- 2 pounds boneless pork chops cut into 1-1/2 inch pieces
- 1 cup pineapple chunks
- 1 small green bell pepper cut into 1-inch pieces
- 1 small orange bell pepper cut into 1-inch pieces
- 1 red onion cut into 1-inch pieces
- 1/2 tablespoon Private Selection Caribbean inspired Adobo Blend Seasoning or to taste
- salt and fresh ground pepper to taste

## INSTRUCTIONS

### FOR THE BARBECUE SAUCE

- Combine barbecue sauce, pineapple juice, garlic, salt, and fresh ground pepper in a bowl; whisk until thoroughly incorporated.
- Combine cut up pork, pineapples, peppers, and onions in a mixing bowl; season with adobo seasoning, salt, and pepper, and toss to combine. Preheat grill to medium-high.
- Thread pork onto skewers, alternating with onions, pineapples, and peppers. Reserve 1/2 cup prepared barbecue sauce for serving; brush skewers with remaining barbecue sauce.
- Grill skewers for 8 to 10 minutes, turning occasionally, or until pork is thoroughly cooked and vegetables are tender and charred.
- Transfer to a platter and brush lightly with barbecue sauce.
- Serve with remaining barbecue sauce on the side.

(Source) Get the full recipe here:  
<https://diethood.com/barbecue-pineapple-pork-skewers>

