

Good Food for Weight Loss

18 Good Foods for Losing Weight



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Letter From The Author



I want to give you a little background information on myself so you know that what I am going to educate you on is not only from my own personal experience but also from that of patients and friends who I have worked with.

I have been in beauty industry since 2002 and have been internationally trained at the School for Estheticians and Cosmetologists in Stockholm, Sweden. I have a masters in fashion, print and beauty makeup. My main work experience is with top plastic surgeons in the Los Angeles area.

My passion for the health and wellness of our bodies has led me to engross myself in my different facets and has led to the creation of new advanced skin and body treatments. We realized that a combination approach to address a patients concerns leads to better results and a high satisfaction rate.

Almost all of us have at some time been on a diet, and that is usually not that much fun. We either eat the strangest of things, or not at all, to shred some extra lb's.

What about delicious foods that help you diet? That sounds too good to be true, right?

No doubt: Weight loss comes down to simple math. You have to eat fewer calories than you burn.

Certain foods can help you shed body weight because they help you feel full longer and help curb cravings. Some even kick up your metabolism. So take this list of foods when you go to the supermarket next time and start your new delicious diet.

Eating Healthy

I know, I know... you've heard it before, but I will say it again. Always choose healthier foods and cook cleaner recipes when trying to lose some extra pounds. Eat a diet rich in fruits and veggies, lean proteins, healthy fats and whole grains. Stay away from sugars and carbohydrates with high glycemic index. Cut the alcohol intake as well as it is filled with calories and sugars.

Here are a few quick tips on how to change your diet:

- Stop “bored eating” or “distracted eating”. Pay attention to when and what you are eating and try not to eat because you’re bored or distracted.
- Limit portion sizes. Split meals with your spouse or friend at restaurants. If snacking on potato chips for example, put some chips in a bowl. Do not eat chips from the bag because you will eat far more than if you put a small serving in a bowl. Watch your fat intake, try and increase healthy fats like avocados and nuts.
- Try to eat food with a low glycemic index and stay away from sugars, candy, sodas, white bread, white rice and pasta.
- Avoid high calorie soft drinks like the plague. Soft drinks are one of the biggest contributors of obesity in the world.
- Cut the alcohol intake as well, as it is filled with calories and sugars.
- Eat more berries as they are filled with antioxidants, high on fiber and packed with vitamins. They also give us a sense of fullness.
- Eat water-rich, raw, dark-green, leafy vegetables. These are the healthiest foods in the world and are exceptional for anyone trying to lose weight. Broccoli, spinach, celery, Bok Choy, Asparagus... all of these and more are not only life-extending foods but perfect foods for those trying to shed fat.



Whole Eggs

1. Whole Eggs

Once feared for being high in cholesterol, whole eggs have been making a comeback. New studies show that they don't adversely affect blood cholesterol and don't cause heart attacks.



What's more... they are among the **best** foods you can eat if you need to lose weight. They're high in protein, healthy fats, and can make you feel full with a very low amount of calories. Eggs are also incredibly nutrient dense and can help you get all the nutrients you need on a calorie restricted diet. Almost all the nutrients are found in the yolks.

Salmon and Tuna

2. Salmon

Oily fish like salmon is incredibly healthy. It is also very satisfying, keeping you full for many hours with relatively few calories. Salmon is loaded with high quality protein, healthy fats and also contains all sorts of important nutrients. Fish and seafood in general, supplies a significant amount of iodine. This nutrient is necessary for proper function of the thyroid, which is important to keep the metabolism running optimally. Studies show that a huge number of people in the world aren't getting all the iodine they need. Salmon is also loaded with Omega-3 fatty acids, which have been shown to help reduce inflammation, which is known to play a major role in obesity and metabolic disease. Mackerel, trout, sardines, herring and other types of oily fish are also excellent.



3. Tuna

Tuna is another low-calorie, high protein food. It is a lean fish so there isn't much fat in it. Tuna is popular among bodybuilders and fitness models who want to get cut, because it's a great way to keep protein high, with total calories and fat low. If you're trying to emphasize protein intake, then make sure to choose tuna canned in water, not oil.

Lean Beef, Chicken and Cottage Cheese

4. Lean Beef and Chicken Breast

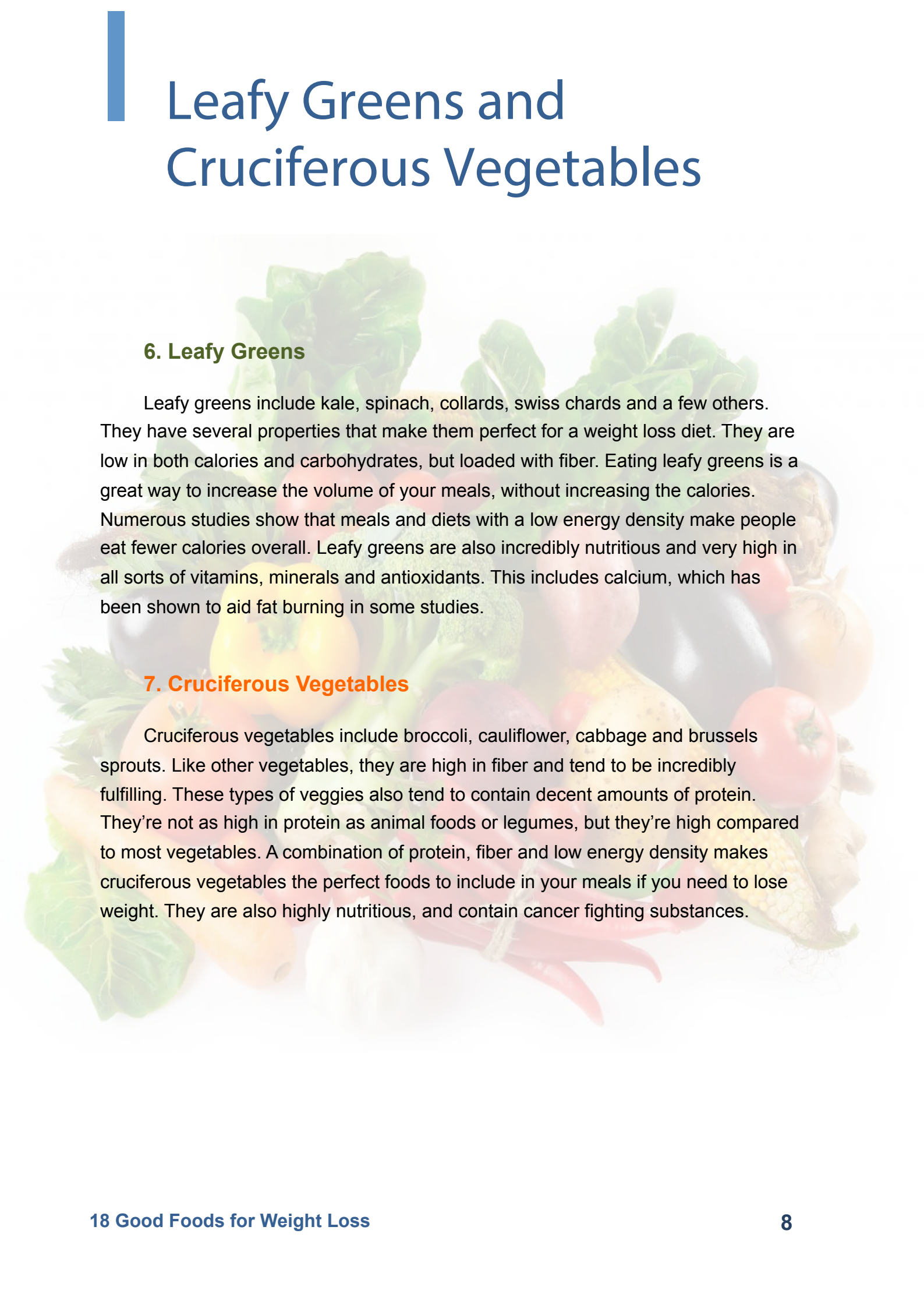
The truth is meat is a weight loss friendly food, because it's high in protein. Protein is the most fulfilling nutrient, by far but it also have some other good benefits.

Some interesting facts you should know about lean protein

- Eating a high protein diet can make you burn up to 80 to 100 more calories per day
- Studies have shown that increasing your protein intake to 25-30% of calories can cut cravings by 60%
- Eating lean protein can reduce desire for late-night snacking by half
- cause weight loss of almost a pound per week just by **adding** lean protein to the diet.

5. Cottage Cheese

Dairy products tend to be high in protein. One of the best ones is cottage cheese. Calorie for calorie, it is mostly just protein with very little carbohydrate and fat. Eating plenty of cottage cheese is a great way to boost your protein intake. It is also very satiating, making you feel full with a relatively low amount of calories.



Leafy Greens and Cruciferous Vegetables

6. Leafy Greens

Leafy greens include kale, spinach, collards, swiss chards and a few others. They have several properties that make them perfect for a weight loss diet. They are low in both calories and carbohydrates, but loaded with fiber. Eating leafy greens is a great way to increase the volume of your meals, without increasing the calories. Numerous studies show that meals and diets with a low energy density make people eat fewer calories overall. Leafy greens are also incredibly nutritious and very high in all sorts of vitamins, minerals and antioxidants. This includes calcium, which has been shown to aid fat burning in some studies.

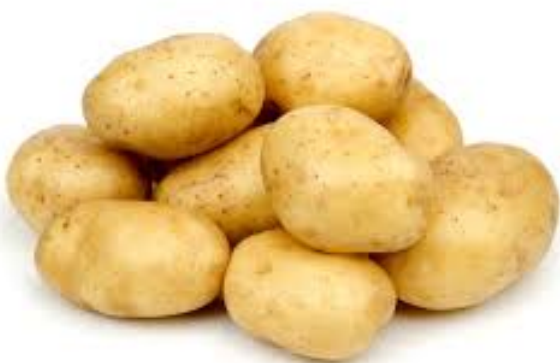
7. Cruciferous Vegetables

Cruciferous vegetables include broccoli, cauliflower, cabbage and brussels sprouts. Like other vegetables, they are high in fiber and tend to be incredibly fulfilling. These types of veggies also tend to contain decent amounts of protein. They're not as high in protein as animal foods or legumes, but they're high compared to most vegetables. A combination of protein, fiber and low energy density makes cruciferous vegetables the perfect foods to include in your meals if you need to lose weight. They are also highly nutritious, and contain cancer fighting substances.

Boiled Potatoes, Beans and Legumes

8. Boiled Potatoes

White potatoes seem to have fallen out of favor for some reason. However they have several properties that make them a perfect food, both for weight loss and optimal health. They contain an incredibly diverse range of nutrients, a little bit of almost everything we need. They are particularly high in potassium a nutrient that most people don't get enough of and plays an important role in blood pressure control. Sweet potatoes, turnips and other root vegetables are also excellent.



9. Beans and Legumes

Some beans and legumes can be beneficial for weight loss. This includes lentils, black beans, kidney beans and some others. These foods tend to be high in protein and fiber, which are two nutrients that have been shown to lead to satiety.



Some Whole Grains



10. Some Whole Grains

Despite grains having gotten a bad rap in recent years, there are some types that are definitely healthy. This includes some non-gluten, whole grains that are loaded with fiber and contain a decent amount of protein as well. Notable examples include oats, brown rice and quinoa. If you're on a very low-carb diet then you'll want to avoid grains, because they are high in carbohydrates. But there's nothing wrong with eating some of the healthier grains if you can tolerate them.

Chia Seeds and Nuts

11. Chia Seeds

Chia seeds are among the most nutritious foods on the planet. They do contain 12 grams of carbohydrate per ounce, which is pretty high, but 11 of those grams are fiber. This makes chia seeds a low-carb friendly food, and one of the best sources of fiber in the world. Because of all the fiber, chia seeds can absorb up to 11-12 times their weight in water, turning gel-like and expanding in your stomach. Although some studies have shown that chia seeds can help reduce appetite, they have not found a statistically significant effect on weight loss. However, given their nutrient composition, it makes sense that chia seeds could be a useful part of a weight loss diet.



12. Nuts

Nuts are another superfood rich in healthy fats that help you slim down. Despite being high in fat, nuts are not inherently fattening. They're an excellent snack, containing balanced amounts of protein, fiber and healthy fats. Studies have shown that eating nuts can improve metabolic health and even cause weight loss. Population studies have also shown that people who eat nuts tend to be healthier, and leaner, than the people who don't. Just make sure not to go overboard, as they are still pretty high in calories. If you tend to binge and eat massive amounts of nuts, then it may be best to avoid them.

Avocados, Fruit and Berries

13. Avocados

Avocados are a unique kind of fruit. Whereas most fruit is high in carbs, avocados are loaded with healthy fats. They are particularly high in monounsaturated oleic acid, the same type of fat found in olive oil. Despite being mostly fat, there's no reason to be afraid of eating fats - as long as they're the right fats, they also contain a lot of water, so they aren't as energy dense as you may think. Avocados are perfect as additions to salad, because studies show that the fats in them can increase the nutrient uptake from the vegetables. They also contain many important nutrients, including fiber and potassium.

15. Berries

Berries are potent sources of antioxidants that essentially act like little bodyguards protecting cells from damage, which can lead to premature aging and disease. But antioxidants are also linked to weight control. So start feasting on strawberries, blueberries, raspberries and blackberries as they are full with nutrients as well.

14. Fruit

Most health experts agree that fruit is healthy. Numerous population studies have shown that people who eat the most fruit (and vegetables) tend to be healthier than people who don't. Even though they contain sugar, they have a low energy density and take a while to chew. Plus, the fiber helps prevent the sugar from being released too quickly into the bloodstream. For the rest of us, fruits can be an effective (and delicious) addition to a weight loss diet. Examples of good weight loss fruits are grapefruit, oranges, bananas and pears.

Apple Cider Vinegar

16. Apple Cider Vinegar

Apple cider vinegar is incredibly popular in the natural health community. It is popular for use in condiments, like dressings or vinaigrettes. Some people even dilute it in water and drink it. Several studies in humans suggest that vinegar can be useful for people who are trying to lose weight. Taking vinegar at the same time as a high-carb meal can increase feelings of fullness and make people eat 200-275 fewer calories for the rest of the day. Vinegar has also been shown to reduce blood sugar spikes after meals, which may lead to all sorts of beneficial effects on health in the long term.



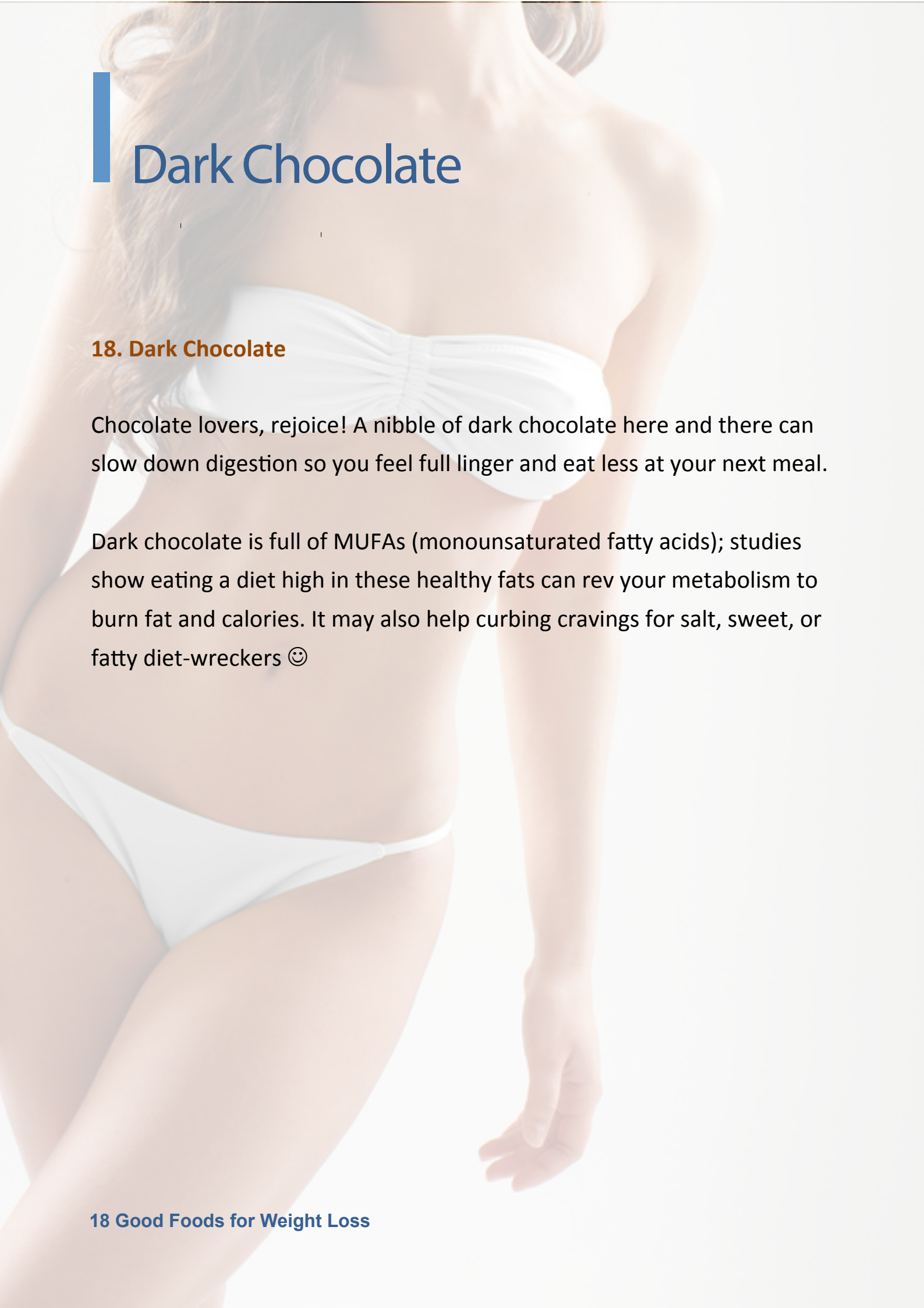
Coconut Oil



17. Coconut Oil

Of course coconut oil still contains calories, so adding it on top of what you're already eating is a bad idea. So this is not about *adding* coconut oil to your diet, it is about *replacing* some of your other cooking fats with coconut oil.

Extra virgin olive oil is also worth mentioning here, because it is probably the healthiest fat on the planet.



Dark Chocolate

18. Dark Chocolate

Chocolate lovers, rejoice! A nibble of dark chocolate here and there can slow down digestion so you feel full longer and eat less at your next meal.

Dark chocolate is full of MUFAs (monounsaturated fatty acids); studies show eating a diet high in these healthy fats can rev your metabolism to burn fat and calories. It may also help curbing cravings for salt, sweet, or fatty diet-wreckers 😊

Conclusion

Changing your **Diet** and drinking lots of **Water** is so important when it comes to weight loss. Unfortunately the weight will not fall off by itself so in your battle against your weight always choose healthier foods and cook cleaner recipes.

Load your shopping cart with lots of lean protein, fresh veggies, fruit, and whole grains. Stay away from sugars and carbohydrates with high glycemic index. Cut the alcohol intake as well as it is filled with calories and sugars.

Water helps to remove toxins and also helps break down the fat build-up, so drink as much as you can to help that process.

Extra H₂O helps us eat less by making us feel full. It energizes us and water also flushes toxins out of vital organs, carries nutrients to your cells. Liquid also drives toxins from the body.

The most important thing, when it comes to lasting weight loss, is the big picture of what you eat, not specific foods.

So next time when you are in the grocery store, think about what you reach for. Take this list with you, as help, and you are going in the right direction 😊