



**18 Healthy Foods for Weight
Loss**

Toni Lynn

18 Healthy Foods For Weight Loss

Healthy bodies come in all shapes and sizes. While weight loss is not a magic bullet for health, and not everyone needs to pursue weight loss, it might be something you want to work toward to feel your healthiest.

Coupled with regular movement, your diet can affect your health outcomes. (Just make sure to talk with a healthcare professional before making drastic changes!)

If losing weight is your goal, these 18 foods may help support a healthy weight loss journey, according to science.

1. Whole eggs

Once feared for being high in cholesterol, [whole eggs have been making a comeback](#).

These fears were rooted in misconceptions that overlooked how your body regulates cholesterol levels. Your body sources it, as needed, from your diet or your liver to maintain its baseline levels (1).

While people with elevated baseline levels of LDL (bad) cholesterol should be more conscious of how much cholesterol they get in their diet, moderate egg consumption — between 7–12 eggs a week — has been proven safe for many people (1, 2, 3, 4).

Although a higher intake of eggs may raise the levels of LDL cholesterol in some people, eggs are one of the best foods to eat if you're looking to reach or maintain a healthier weight.

Eggs are [incredibly nutrient-dense](#). Interestingly, almost all its nutrients are found in the yolks — like choline and vitamin D — though egg whites deliver 4–6 grams of protein each (5).

Because they're high in protein and fat, they help you feel full (6, 7).

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That's key, because responding to your body's internal fullness and hunger cues can help you reach or maintain a healthy weight. In other words, getting in the habit of eating when you're hungry and stopping when you're full can help your weight loss goals (8, 9).

A study including 50 healthy people with more weight showed that eating eggs and buttered toast for breakfast — instead of cereal, milk, and orange juice — [increased feelings of satiety](#) (fullness) for the next 4 hours (10).

Similarly, another study among 48 healthy adults found that those who ate an egg-based breakfast, either high or moderate in both protein and fiber, reported higher satiety than those who ate low fiber cereal and milk (11).

Since feeling satiated can help combat overeating driven by feeling overly hungry, eating eggs may support your weight loss goals while also packing a ton of healthful nutrients into your day.

2. Leafy greens

Leafy greens include kale, spinach, [collard greens](#), Swiss chard, and a few others.

They have several properties that make them perfect for reaching or maintaining a healthy weight. For example, they pack fiber and nutrients that keep you satiated and hydrated.

What's more, leafy greens contain thylakoids, plant compounds that have been linked with increased satiety and better appetite management in at least two human studies (12, 13, 14).

It's worth noting, however, that both studies are small, and participants took a 5-gram thylakoid supplement — the amount found in about 3.5 ounces (100 grams) of raw spinach (13, 14).

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Those receiving even a single dose of the supplement reported better appetite management, resulting in weight loss (13, 14).

However, more research in humans is needed to understand the effect of thylakoids from food sources as a tool for achieving a healthy weight — as well as their long-term effects in supplement form.

In the meantime, leafy greens boast an assortment of fiber and micronutrients and are almost always a great addition to your diet (15, 16).

[Adding leafy greens to your diet](#) can help you feel satiated and reduce cravings for less nutritious foods. Learning to respond to your body's internal cues of hunger and fullness can aid your larger healthy weight loss goals (8, 9).

If you're taking medications, such as blood thinners like warfarin (Coumadin), speak with a healthcare professional or a registered dietitian about how many leafy greens you should eat daily to find the right balance.

Leafy greens are high in vitamin K, which may interact with your medication. Consistent vitamin K intake is key (17).

3. Salmon

Fatty fish like [salmon](#) are incredibly nutritious and very satisfying.

Salmon is loaded with high quality protein, healthy fats, and various important nutrients. That combination keeps you satiated and can help you reach a healthier weight (18).

Salmon is loaded with omega-3 fatty acids, which may help [reduce inflammation](#). Inflammation plays a major role in obesity and metabolic disease (19, 20, 21).

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What's more, fish — and seafood, in general — may also supply a significant amount of iodine.

The nutrient is necessary for proper thyroid function, which is important to keep your metabolism running optimally (22).

But studies show that a significant number of [people don't fill their iodine needs](#). Adding fatty fish to your diet can help you consume enough iodine (22).

Mackerel, trout, sardines, herring, tuna, and other types of fatty fish are also excellent for your health.

4. Cruciferous vegetables

Cruciferous vegetables include broccoli, cauliflower, cabbage, and [Brussels sprouts](#).

Like other vegetables, they're high in fiber and tend to be incredibly filling.

What's more, these types of veggies contain decent amounts of protein. They're not nearly as high in protein as animal foods or legumes, but still high for vegetables (23, 24, 25, 26).

A combination of [protein](#), fiber, and low energy density (low calorie content) makes cruciferous vegetables the perfect foods to include in your meals if you want to lose weight (27).

They're also highly nutritious and contain compounds that may lower your risk of developing cancer. Keep in mind, though, that no amount of cruciferous vegetables can replace recommended cancer screenings or proper cancer treatment (28).

5. Chicken breast and some lean meats

Meat [remains a controversial food group](#) for many people.

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Beyond issues of sustainability and ethics, we're still not sure whether and how red meat raises the risk of heart disease or diabetes.

Research on meat consumption and health outcomes has yielded low evidence of causation.

That language can be confusing, and it's often misinterpreted as a ringing endorsement to eat more meat, but it simply means that there isn't enough evidence to say whether it causes unfavorable health outcomes (29, 30).

However, a high intake of red and processed meats is *associated* with a higher risk of cancer, diabetes, premature death, and heart disease (31).

Eating unprocessed meat in moderation (i.e., 2–3 servings a week) alongside fruits, vegetables, and [whole grains](#) may mitigate some of the cancer risks associated with meat consumption (30).

Nutritionally, chicken and red meat are both high in protein and iron.

Skinless chicken breast and lean red meat like tenderloin or flank steak pack protein and iron and have less saturated fat than other cuts. Opt for these most of the time to better support weight management and heart health.

Saturated fat has been thought to drive inflammation, which is associated with chronic illness. However, research on this, too, has so far yielded mixed results (32, 33).

[How you prepare meat](#) can also affect health outcomes.

Red meat that is cooked at high temperatures for a long duration, by smoking or grilling, for instance, renders fat drippings. Against hot cooking surfaces, these form a toxic by-product called polycyclic aromatic hydrocarbons (PAHs) that may cause cancer (34).

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Minimize this risk by limiting smoke, wiping away drippings, and eating lean meat in moderation. This means no more than a few 3-ounce (85-gram) servings per week. A serving is about the size of the palm of your hand (34).

6. Potatoes and other root vegetables

White potatoes seem to have fallen out of favor — possibly, at least in part, due to the rise of lower carb diets.

For what it's worth, potatoes and other root vegetables have several properties that make them wonderful foods for weight loss and optimal health.

They contain an incredibly diverse range of nutrients — a little bit of almost everything you need.

They're particularly high in potassium, a nutrient that most people don't get enough of. Potassium plays an important role in blood pressure management (35).

On a scale called the Satiety Index, which measures how filling different foods are, boiled white potatoes scored the highest of all the foods tested (36).

What this means is that by eating boiled white or sweet potatoes, you're more likely to naturally feel full. You'll also be providing your body with essential nutrients.

If you allow potatoes to cool for a while after boiling, they will form high amounts of resistant starch, a fiber-like substance that has been shown to have various health benefits, including weight loss (37).

Sweet potatoes, turnips, and other root vegetables are also excellent choices.

7. Tuna

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Tuna is another satiating high protein food.

It's a lean fish, meaning it has protein, which helps keep you full, as well as healthy fats. Among these healthy fats is [docosahexaenoic acid \(DHA\)](#), a form of omega-3 fatty acid, which may benefit your heart ([22](#), [38](#), [39](#)).

Eating fish like salmon and tuna can be a great way to increase your protein intake, with nutritious fish fats to support your eyes and brain ([39](#), [40](#), [41](#)).

If you're [eating tuna canned](#), choose varieties canned in water if you're aiming to eat fewer calories. Tuna packed in oil ups the calories, fat, and sodium, but could be more filling. It depends on what your needs are that day ([42](#)).

8. Beans and legumes

Beans and other legumes can be beneficial for weight loss. These include lentils, [black beans](#), kidney beans, and some others.

Those foods tend to be high in protein and fiber, which are two nutrients that promote satiety. They also tend to contain some resistant starch ([43](#), [44](#), [45](#)).

Due to their high fiber content, [beans can cause gas](#) and bloating in some people. Preparing them properly can help mitigate these side effects, though. Try buying your beans dry and soaking them for several hours before preparing.

9. Soups

Soup can be a delicious way to increase your intake of vegetables and whole grains you may not get enough of otherwise. However, soup varieties that are cream-based or that include processed meats aren't going to provide the same nutritional boost.

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Between the slurping, smelling, tasting, cooling, and chewing, soup takes some people longer to eat than other foods. Eating slowly may help you [eat more mindfully](#). It could also help keep you from eating past fullness ([46](#), [47](#), [48](#)).

Feeling satisfied and nourishing your body while listening and responding to your body's hunger and fullness cues are important in reaching and maintaining a healthy weight.

If you would like a richer soup, there are ways to increase its creaminess without the use of heavy cream, which can add less healthy saturated fat.

Try blending in [avocado](#), which helps increase the fiber count of your soup, or cashews. You can also slice avocado on top as a garnish to the soup ([49](#), [50](#)).

Because soups are inherently liquids, and therefore hydrate you, they may promote fullness and support weight management. Incorporating a vegetable-based clear soup before your meal can be a way to feel more satisfied and to lose weight healthfully ([51](#)).

10. Cottage cheese

Dairy products tend to be high in protein.

One of the most protein-rich dairy products is [cottage cheese](#), which is mostly protein.

Eating cottage cheese is a great way to boost your protein intake, which is important for building and maintaining muscle. It's also very satiating and high in calcium.

There may even be a relationship between calcium intake and healthy weight, but more research is needed in this area ([52](#), [53](#)).

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Other high protein dairy products include [Greek yogurt](#) and skyr.

11. Avocados

Avocados are unique fruits.

While most fruits are high in carbs, avocados are instead loaded with healthy fats. They're particularly high in monounsaturated oleic acid, the same type of fat found in [olive oil](#).

Despite being mostly fat, avocados also contain a lot of water and fiber, making them greatly satiating.

What's more, they're a perfect addition to vegetable-based salads, as studies show that their fat content can increase how much of the [carotenoid antioxidants](#) your body absorbs from vegetables. In fact, it may increase absorption by 4.6–12.6 times ([54](#)).

In fact, they help absorb other important fat-soluble vitamins (vitamins A, D, E, and K). Avocados also contain many important nutrients, including fiber and potassium.

It's worth keeping in mind that avocados are energy-dense, so being mindful of portions is key when weight loss is your goal. The more you practice taking your body's internal hunger and fullness cues, the more you can intuitively tell what the right amount is for you at that time ([8](#), [9](#)).

12. Nuts

Nuts are high fat foods that also provide you with protein, fiber, and other plant compounds that benefit heart health ([55](#), [56](#)).

They make excellent [snacks](#) since they contain balanced amounts of protein, fiber, and healthy fats ([57](#)).

Studies have shown that eating nuts can improve metabolic health and even promote weight loss ([58](#)).

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What's more, population studies have shown that people who [eat nuts](#) tend to get more nutrients and be at a healthier weight than those who don't ([59](#)).

Like any high fat food, you'll want to be mindful that you're eating only to the point of satiety. So, do mind your portion sizes if your goal is to lose weight.

Try eating a handful of unsalted nuts at first, and see how you feel after about 15–20 minutes. If you still feel hungry, try half of another handful and give yourself some time to digest.

13. Whole grains

Recent studies show that a diet rich in whole [grains](#) can help support healthy weight loss ([60](#)).

Cereal grains can be wholesome parts of your diet and may benefit your metabolic health ([61](#)).

That's because they're loaded with fiber and contain a decent amount of protein. Notable examples include oats, brown rice, and quinoa.

Oats are loaded with [beta-glucans](#), which are soluble fibers that may increase satiety and improve metabolic health ([62](#), [63](#)).

Both [brown and white rice](#) can contain significant amounts of resistant starch, particularly if cooked and then allowed to cool afterward.

While white rice is certainly OK, brown rice packs added nutrients — especially fiber — which may support your healthy weight loss journey.

Keep in mind that refined grains (i.e., white bread and most commercial baked goods) are OK, as long as you eat them in moderation and don't make them the foundation of your diet.

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Also remember that sometimes, foods with "whole grain" on the label are ultra-processed, and they can contribute to unwanted weight gain when eaten in excess.

14. Chili pepper

Eating chili peppers may be useful on a weight loss diet.

They contain capsaicin, a substance that makes [hot peppers](#) like chilis spicy.

Some studies show that capsaicin can improve how fast your body metabolizes fat and can increase your sensation of fullness. Together, these may support your healthy weight loss journey ([64](#), [65](#)).

The substance is even sold in supplement form and is a common ingredient in many commercial weight loss supplements. That's because studies show that [capsaicin supplements](#) may increase metabolism.

A review study found that this effect only yielded an average of 33 calories more burned per day than those who did not supplement with capsaicin, though. More research is needed to learn about this effect, especially in regards to capsaicin from food sources ([66](#), [67](#), [68](#)).

Plus, there was no effect in people who were accustomed to eating spicy food, indicating that a certain level of tolerance can build up ([69](#)).

15. 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 ([70](#), [71](#), [72](#)).

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Most fruits have properties that make them great for helping you achieve or maintain a healthy weight. So, there's no need to shy away from them in your health journey.

Even though fruits contain [natural sugar](#), they have a low energy density and are loaded with micronutrients. Plus, their fiber content helps prevent the sugar from being released too quickly into your bloodstream.

People who may want to avoid or minimize fruit are those on a very low carb diet or who have an intolerance. Most fruits can be effective and delicious additions to your healthy weight journey.

16. Grapefruit

Grapefruit is high in fiber and nutrients and can promote feelings of fullness.

In an older study from 2006 following 91 individuals with obesity for 12 weeks, eating half of a fresh grapefruit before meals led to weight loss of 3.5 pounds (1.6 kg) ([73](#)).

The grapefruit group also had reduced [insulin resistance](#), a metabolic condition.

Therefore, eating half a grapefruit about half an hour before meals may help you feel more satiated and eat fewer overall calories. However, since this is not a sustainable practice, you're better off eating a variety of fruits and vegetables at each meal ([74](#)).

Avoid grapefruit and its juice [if you're taking certain medications](#), like statins or blood pressure medications, as it can augment or interfere with their effects ([75](#)).

We still need more human research into the effects of grapefruit on weight loss and weight management.

17. Chia seeds

Chia seeds may be among the most nutritious foods on the planet.

They contain 12 grams of carbs per ounce (28 grams), nearly 10 grams of which are fiber (76).

Therefore, chia seeds are a low carb food, yet it's one of the best sources of fiber in the world at 35% fiber by weight (76).

Because of their high fiber content, chia seeds expand and turn gel-like in your stomach (77).

One study in 24 adults found that those who ate either 0.33 ounces (7 grams) or 0.5 ounces (14 grams) of chia seeds with yogurt as a mid-morning snack had increased feelings of satiety (78).

What's more, chia seeds are high in omega-3 fatty acids, which may further support weight management (76, 21).

Given their nutrient composition, chia seeds could be a useful part of your healthy weight journey (79).

18. Full fat (whole) Greek yogurt

Yogurt is another excellent dairy product.

Greek yogurt is especially great for weight management, as it has twice the amount of protein as regular yogurt (80).

What's more, certain types of yogurt, including Greek yogurt, contain probiotic bacteria that can improve the function of your gut (80).

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Look for labels that include the language “live cultures” or “active cultures” for an added gut health boost. If you don't see these, look in the ingredients list for a mix of probiotic strains, such as *S. thermophilus* or *Bifidus*.

Having a healthy gut may help protect against inflammation as well as [leptin resistance](#), which is one of the main hormonal drivers of obesity.

Make sure to [choose yogurt](#) with live, active cultures, as other types of yogurt may contain virtually no probiotics.

Also, consider choosing full fat yogurt. While the evidence is still mixed, some studies show that full fat dairy — but not low fat dairy — is associated with a reduced chance of developing obesity and type 2 diabetes over time ([81](#), [82](#), [83](#), [84](#)).

Flavored or sweetened low fat yogurt typically has fillers or added sugars to compensate for texture, so it's best to eat it only occasionally and to check the nutrition label if you're trying to avoid those additives.

The bottom line

Many foods are delicious, nutritious, and supportive of your goals to reach or maintain a healthier weight. These are mainly whole foods like fish, lean meat, vegetables, fruit, nuts, seeds, and legumes.

Some minimally processed foods, such as probiotic yogurt and oatmeal, are also excellent choices.

Along with moderation and regular exercise, eating these nutritious foods should help pave the way to a healthy life.

But What If The Right Food Isn't Working For You?

You eat healthy all day... spinach, chicken and broccoli. You try all the diets... keto, paleo and vegan. You're hungry, you're tired. But every morning, your weight never changes. Until you try this... A newly discovered bizarre tropical fat-dissolving loophole that has NOTHING to do with dieting or exercise... (in fact eating your favorite foods is recommended!) Jason Mitchell age 43, dissolved 52 lbs with this loophole. Cheryl age 54 from Memphis, dissolved 29 lbs of fat with this loophole. And once I saw the fat melt away for me too, I had to share it with you. ==> One Tropical Loophole Dissolves 2½ lbs In 24 Hours To your amazing health.

PS. This incredible fat-dissolving loophole had been hidden for centuries by a small number of families on a remote Vietnamese island, try it for yourself by [clicking here](#).

