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Best Foods for Weight Loss 8 Best Foods to Eat for Weight Loss. By: Lisa Valente, M.S., R.D. Eating more of these foods can help you slim down. While no one food is a magic bullet for weight loss, there are certain foods that can help you achieve your weight-loss goals. Most of the foods included as part of a weight-loss diet have a few things in common: they're high in fiber (which helps keep

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Kerry Neville, MS, RD, registered dietitian, spokesperson, American Dietetic Association. David W. Grotto, RD, LDN, author, 101 Foods That Could Save Your Life.

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