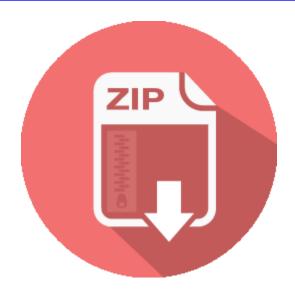
FOOD THAT MAKE YOU LOSE WEIGHT



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A Harvard study followed more than 120,000 people for a decade or longer. Yogurt, of all the foods that were tracked, was most closely linked to weight loss. That doesn't prove that yogurt caused weight loss, but it stood out among other foods. 9. Grapefruit. Yes, grapefruit really can help you shed pounds, especially if you are at risk for diabetes.

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So next time you get a pang, drink a glass of water first to make sure you re really hungry. But that s not the only way water can help you lose weight. If water is incorporated into food, it tends to fill us up, Somer says. Most fruits and vegetables are 80% to 90% water. Another tip: Try a bowl of soup before each meal.

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We suggest you eat fruits like grapefruit, avocado, and berries. We will also debunk some myths that you have heard before. For example, eating eggs is not bad for your heart, pasta won t make you gain a lot of weight, and nuts won t make you fat. These foods are actually part of a healthy diet.

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As long as you choose the low-fat, low sugar versions, you ll definitely be on the side of healthy. You can find Greek yogurt at Aldi for about \$.87 per serving! 3. Old fashioned oatmeal. Oatmeal is one of those foods you either love or hate, but it has many benefits if you want to eat healthy on the cheap.

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15 Foods to Help You Lose Weight The secret, say researchers, is the sheer volume of a salad, which makes you feel too full to pig out.

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