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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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In fact, a wide assortment of the right thin foods can help you lose weight. The key things to look for: Foods with high water content, high-fiber foods, and calcium .

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A study published in the New England Journal of Medicine in 2011 discovered the foods linked with weight loss included fruits, vegetables, nuts, whole grains and yogurt, while weight gain was related to consuming potato chips, potatoes, sugar-sweetened beverages, unprocessed red meats and processed meats.

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The placebo group, on the other hand, lost only about a half pound. Researchers aren t sure why, but it may be that grapefruit helps reduce insulin levels after eating.

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