

## [GOOD DIETS TO HELP LOSE WEIGHT](#)



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In one four-week Spanish study, researchers found that eating a calorie-restricted diet that includes four weekly servings of legumes aids weight loss more effectively than an equivalent diet that doesn't include beans. Those who consumed the legume-rich diet also saw improvements in their bad LDL cholesterol levels and systolic blood-pressure. To reap the benefits at home, work lentils, chickpeas, peas and beans into your diet throughout the week.

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Staying fit and active is important for overall health, and can help you to lose excess weight in combination with a balanced diet. Read our top exercise tips for weight loss and learn about the relationship between fitness and fat burning , plus how many calories you'll burn through different activities.

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### **Foods That Help You Lose Weight goodhousekeeping.com**

15 Foods to Help You Lose Weight They can help you fight hunger, boost your metabolism and ultimately shed pounds!

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If you want to lose weight fast, your best bets are Weight Watchers and the HMR Program, according to the health experts who rated the diets below for U.S. News.

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