

[GOOD FOODS FOR DIETING](#)



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Convenience foods are great, but it's hard to beat the nutritional goodness of whole, natural foods. "Eating more natural, less processed foods is usually a more nutritious option, but both can fit into a healthy weight loss diet plan," says Sandon. Here are the four types of food that are the foundation of any healthy diet: 14.

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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 you feeling fuller longer) and have a low energy density meaning that you can eat a decent-sized portion without overdoing it on calories.

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