

## [THINGS TO EAT TO HELP LOSE WEIGHT](#)



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Coleman,, Erin. "10 Things to Eat That Help You Lose Weight." Healthfully, <https://healthfully.com/249549-10-things-to-eat-that-help-you-lose-weight.html>. 18 July 2017.

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### **The 20 Most Weight Loss Friendly Foods on The Planet**

Numerous population studies have shown that people who eat the most fruit (and vegetables) tend to be healthier than people who don't (41, 42). Of course, correlation does not equal causation, so these studies don't prove anything. However, fruits do have properties that make them weight-loss-friendly.

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Another popular food that help you lose weight is chili. Adding spice to your food can burn off the calories quickly. Chiles and similar hot spices, contain capsaicin, which is the chemical that creates the heat and that heat that you feel is caused by a process called thermogenesis, which burns calories for you, as well as providing the heat.

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But despite the low calorie count, it keeps you feeling full and satiated, thanks to the added bonus of fiber.

Celery also isn't short on nutrition it contains folate along with vitamins A, C, and K. So whether you need a filling snack or meal add-on, celery is a pretty amazing weight loss superfood.

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