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But they may also help you to lose weight. There are also fad or crash diets that severely restrict calories or the types of food you are allowed to eat. They may sound promising, but they rarely lead to permanent weight loss. They also may not provide all of the nutrients your body needs.

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Weight loss Wikipedia

Intentional weight loss is the loss of total body mass as a result of efforts to improve fitness and health, or to change appearance through slimming. Weight loss in individuals who are overweight or obese can reduce health risks, increase fitness, and may delay the onset of diabetes.

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List of diets Wikipedia

A desire to lose weight is a common motivation to change dietary habits, as is a desire to maintain an existing weight. Many weight loss diets are

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