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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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2. Wild salmon. Wild salmon is one of the popular foods that help you lose weight. Not only is it good for your heart, but the omega-3 fatty acids, contained in salmon, also help to prevent those insulin spikes and help promote muscle growth and, the greater muscle mass you have, the more calories and energy you will burn.

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These 50 foods to help you lose weight can also be eaten on their own as a quick-and-easy snack. Instead of reaching for a store-bought snack, grab a hardboiled egg, a banana, or a handful of blueberries instead.

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