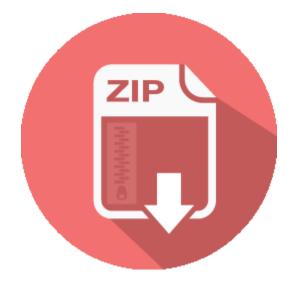
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First, keep in mind that many experts say it s best to lose weight gradually. It s more likely to stay off. If you shed pounds too fast, you ll lose muscle, bone, and water instead of fat, says the Academy of Nutrition and Dietetics.

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#### The best way to lose weight boils down to these three things

Vegans and vegetarians can lose weight by choosing fruits, vegetables, whole grains and plant proteins. Nut lovers may do well shedding pounds with a Mediterranean-style menu. Whatever diet appeals to your appetite and way of life, focusing on whole foods is something that all plans promote.

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