

## [WHAT IS THE BEST HEALTHY DIET TO LOSE WEIGHT](#)



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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, it's more likely to stay off.

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Lose weight the healthy way. U.S. News evaluated some of the most popular diets for safe and effective weight loss for short- and long-term goals. Best Weight-Loss Diets, 2018 Best Diets | US News

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U.S. News ranks it second among the best overall diets and can help anyone looking to lose weight, or focus on improving their heart and brain health. It's also popular among those looking to

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