

## WHAT MAKE YOU LOSE WEIGHT



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No doubt: Weight loss comes down to simple math. You have to eat fewer calories than you burn. "Certain foods can help you shed body weight," says Heather Mangieri, RD, a spokeswoman for the Academy of Nutrition and Dietetics, "because they help you feel full longer and help curb cravings." Some even kick up your metabolism.

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Conclusion: Lifestyle changes is by far better for your body and far more effective than any fad weight loss programs. An easy first step towards changing your lifestyle habits to aid weight loss is simply watching what you drink.

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Off-label weight loss options are not FDA approved for treating obesity but are still available by prescription from a physician. According to the NIDDK, antidepressant medications such as bupropion have been found to have a side effect of weight loss that may be sustained for up to one year. Topiramate and metformin, an antiseizure and diabetes medication, respectively, have also been found to have weight loss effects.

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What's more, they re one of the best foods to eat if you need to lose weight, as they re high in protein, healthy fats and can make you feel full with a very low amount of calories.

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