Healthy Ways to Lose Weight

Losing weight in a healthy way means more than crash diets and quick fixes—it's about making sustainable choices that improve your overall health. If you're overweight or have obesity, losing even a small amount of weight can reduce risk of heart disease, type 2 diabetes, arthritis, and some cancers. A sensible diet should emphasize fruits, vegetables, whole grains, lean proteins (like poultry, fish, beans, eggs, nuts), and low-fat or fat-free dairy, while cutting back on saturated fat, trans fat, cholesterol, sodium, and added sugars. Portion control and choosing nutrient-rich foods help you burn more calories than you eat.

Exercise plays a key role too—you'll lose weight more effectively and keep it off more easily when diet and physical activity go together. Be cautious of fad or crash diets: they may promise rapid results, but they often lack essential nutrients and don't lead to permanent weight loss. Instead, pick a realistic eating plan you can maintain long term, like the Mediterranean or DASH diets, and build slow, steady changes for lasting results.

Use QR code to view reference

SCAN ME

https://medlineplus.gov/diets.html