Eating a nutrient-rich diet can make us feel better and more energized, and it lets us know we are taking steps towards a healthier life, says dietitian Amanda Beaver, RDN, of Houston Methodist Wellness Services. It is something we can actually take action on after a year that has been totally out of our control, she adds. How it works for weight loss: Though this diet’s primary appeal is in its numerous health benefits, it can lower your risk of both chronic disease and cognitive decline. It can also lead to weight loss if you limit your calorie intake to 1,500 a day or less. Studies have found that following either a traditional Mediterranean diet or a low-carb version of it can result in weight loss of about 5-10% of body weight over 12 months. All Diet Doctor meal plans have this option, as it is one of the easiest ways to keep on track and reduce meal prep stress. Plan keto meals for the quickest results: Although both keto and low-carb diets can help people lose weight, research suggests eating keto may be more effective. On a ketogenic (keto) diet, most people eat 20 or fewer grams of net carbs (total carbs minus fiber) per day. When you’re planning keto meals, aim to stay below 10 grams of. Valerie wanted to lose weight by cutting calories, giving up things she really loved, like cheese. But this did not help her with her weight. Living low carb with Yvonne Lane. 05:51. Yvonne used to see all those pictures of people who’d lost so much weight, but sometimes didn’t really believe they were real. Lose weight, eat well and feel great with this easy weight-loss diet plan. This simple 1,200 calorie meal plan is tailored to help you feel energized and satisfied while losing weight. He identified 5 pillars that are important for brain health and also one healthy habit that’s extra important. Read More. Smashed Brussels Sprouts Are the Newest TikTok Trend We Love. Smashed Brussels Sprouts Are the Newest TikTok Trend We Love. Discover 5 tips to bake your crispiest and tastiest batch. Read More. Healthy Recipes. By eating healthy weight loss foods that not only help you shed the pounds, but provide a myriad of benefits to your system. Think lean protein, healthy fats, whole grains, and fruits and vegetables, according to Lisa Richards CNC, nutritionist and founder of The Candida Diet. Of all the healthy weight loss foods we know, Greek yogurt is closest to being the perfect ingredient for a well balanced diet. Per study in the journal Appetite, researchers from the University of Missouri compared the satiety effects of high-, moderate-, and low-protein yogurts on women aged 24-28, and found Greek yogurt, with the highest protein content, to have the greatest effect. The tea’s antioxidants are thought to remove harmful free radicals and improve bone health. Coconut Oil. Many experts have recognized the health benefits of following the traditional diet of the people in the countries bordering the Mediterranean Sea. With an eating pattern that focuses on natural whole food that are rich in antioxidants and phytonutrients, and low in fats and carbohydrates, you can improve your overall health and reduce instances of cancers, cardiovascular diseases, and other major health threats. Here is a preview of what you’ll learn.