10 BEST FOODS FOR WEIGHT LOSS

The right foods can help you drop pounds by building muscle, revving your calorie burn, and controlling cravings. We present you with the 10 best as recommended by Chief Medical Officer and founder of CMWL, Dr. Michael S. Kaplan.

EGGS
Rich in protein and amino acids, eggs help keep you full for longer. Studies show that people who eat eggs for breakfast tend to lose more weight than people who eat complex carbohydrates.

APPLES
Full of fiber and antioxidants, apples may also help reduce your risk of developing colon and liver cancers. A Brazilian study even found that eating three apples a day may aid weight loss.

NUTS
Protein and fiber rich, nuts also contain magnesium, a mineral that regulates blood sugar spikes that can lead to cravings. Just remember, nuts are high in calories and (good) fats so portion control is key.

SEAFOOD
Fish and shellfish are great low-calorie, lean protein sources that are quick and easy to cook. The Omega-3 fatty acids in salmon and other seafood can also improve insulin sensitivity, helping build muscle and decrease belly fat.

EDAMAME
Soybean pods, called Edamame make a great protein-rich snack. Simply boil the pods for a few minutes and sprinkle with a dash of sea salt when hot. Pop the tasty beans from the pod and enjoy.

YOGURT
Eating low-fat dairy maintains bone density and muscle mass while increasing fat loss. Opt for Greek or organic yogurt and avoid varieties loaded with sugar, fat and, artificial ingredients.

SUSHI
If you're dining out or picking up something quick, sushi is an excellent option. Opt for selections containing cooked or raw fish and veggies and avoid creamy or tempura fried items.

BEANS
The fiber and protein in beans make for a satisfying, low calorie alternative to meat. Try replacing the meat in your recipes with beans or serve them on the side in place of potatoes or rice.

PORTOBELLO MUSHROOMS
Portobello mushrooms add a great meaty texture to meals with fewer fat and calories. Try substituting a grilled portobello in place of the standard burger or slice them up for stir-fries.

SEAWEED
Studies show eating nutrient-dense foods like seaweed can actually help control your appetite and reduce cravings. Use in dried form for cooking or look for pre-made seaweed salads.

For more information about how to lose weight safely visit cmwl.com to find a center near you.

the center for **medical weight loss**®
Evidence-based weight loss.