

## 5 Must-Have Foods to Aid Weight Loss

Choosing the right foods will help you lose weight faster and then keep it off. These foods help in a variety of ways to ensure that you will be able to lose weight. When put together along with an overall healthy diet, then these five foods will aid in weight loss.

Here are 5 must-have foods to aid weight loss:

### 1. Leafy Greens

There are a number of plants that fall under this category that all work the same way to help you lose weight. The best are spinach, kale, swiss chard, and collards. The first way they help you lose weight is by providing you with a number of vitamins, minerals, and antioxidants. These work together to make sure your body is working the way it should.

The other way that these help you lose weight is because they are high in fiber. Fiber keeps your digestive system working the way it's supposed to which helps you lose weight. It also makes you feel full for longer, which keeps you from eating too many snacks in between meals and can prevent you from eating too much as your next meal.

### 2. Whole Eggs

Contrary to what was believed for a while, the yolks of eggs are beneficial to people that want to lose weight. Recent studies have proven that whole eggs don't increase cholesterol or increase your risk of heart attack. In fact, eating eggs will help you lose weight and are a vital part of low-carb diets since they are low in carbs but high in healthy fats and protein.

### 3. Cruciferous Vegetables

This family of vegetables include cabbage, broccoli, brussels sprouts, and cauliflower. Like leafy greens, they are high in fiber but low in carbs. They also contain surprisingly high amounts of protein compared to other vegetables, making them an excellent choice for people who want to lose weight. Additionally, they have a number of vitamins, minerals, and antioxidants.

### 4. Salmon

Salmon, along with other oily fish like trout, mackerel, herring, and sardines are excellent for losing weight. The first way they can help you lose weight is by providing you with a good amount of healthy fat. These will help keep you feeling full for longer, and also do a lot for different processes in your body, especially your brain.

Another way that salmon and other fatty fishes can help you lose weight is the amount of iodine they contain. Many people don't get enough iodine from their diets which can lead to low thyroid function. Because the thyroid controls metabolism, it's important to keep it running the way it's supposed to if you're going to lose weight.

### 5. Chicken

Along with other white and lean meats, chicken can help you lose weight. This is because of the amount of protein it contains. Protein is a vital part of weight loss because of how much a high-protein diet can contribute to weight loss. In fact, studies have shown that by getting between 25 and 30 percent of your calories from protein, you can lose up to a pound a week just by reducing cravings.