



**Isa Tonic**  
Cleanse your body

The **20** best  
Foods for  
Weight Loss

# The **20** best Foods for Weight Loss

If you are trying to lose weight, it is important to know how different foods affect your body. While total calorie intake is crucial to be aware of, the type of calories you consume also matters. Certain foods follow different metabolic pathways in the body and therefore have different effects.

The right foods can have positive effects on your hormones, hunger levels, and metabolism. Read on to learn the 20 best foods for weight loss.

## 1 Lean Meats Such as Beef or Chicken Breast

Meat has been unfairly blamed for a host of health problems. While processed meat is certainly unhealthy, unprocessed meat can be a part of a healthy, well-balanced diet.

With its high protein content, meat can be a weight-loss friendly food. By far, protein is the most fulfilling nutrient.

## 2 Whole Eggs

Don't let cholesterol fears keep you away from this nutritional powerhouse. Recent studies have shown eggs do not negatively affect blood cholesterol and do not cause heart attacks.

Better yet, they are an excellent choice if you are trying to lose weight. Thanks to their high protein content and healthy fats, eggs can satisfy your appetite with relatively few calories.

Whole eggs also boast a variety of important nutrients that can be hard to obtain from other food sources such as choline and Vitamin D. Consider adding this nutrient dense, versatile food to your diet on a regular basis to support your weight loss efforts.

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## Leafy Greens

Leafy greens such as spinach, swiss chard, collards, and others boast several properties that make them ideal for losing weight. With a low calorie count, ample vitamins and minerals, antioxidants, high fiber content, and low carbohydrate content, leafy greens are a powerhouse food for weight loss.

Regularly consuming leafy greens is an excellent way to boost the volume of your food intake without increasing your calorie intake. This allows you to eat a lot of food without actually eating a lot of calories.

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## Fatty Fish

Fatty fish such as salmon or sardines are satisfying, packed with protein and healthy fats, bursting with Omega 3s, and important vitamins and minerals, including iodine. Iodine is required for healthy thyroid function, a key factor in keeping the metabolism running smoothly.

The Omega 3s in fatty acids have been shown to decrease inflammation, support a healthy mood, and much more.

Other examples of fatty fish include trout, mackerel, and herring. Consider adding these nutrient dense choices to your diet on a regular basis.

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## Cruciferous Vegetables

Cruciferous vegetables such as cabbage, cauliflower, Brussels sprouts, and broccoli have are low in calories but high in nutrients and fiber. This high fiber content makes these veggies satisfying and filling.

They also contain decent amounts of protein. While not as high in protein as animal sources, they still offer a great combination of protein, fiber, and vitamins.



## 6 Boiled Potatoes

Although white potatoes have faced some negativity, they possess several properties that make them an excellent option for maintaining health and supporting weight loss. With a diverse range of nutrients, fiber, satisfying carbohydrates, and potassium, they contain a nice mix of benefits for the body.

After boiling, allow the potatoes to cool for a little bit. This causes them to form large amount of a fiber-like substance known as resistant starch. This substance has been shown to offer a variety of health benefits, one of which is weight loss.

Other excellent root vegetables to consider adding to your diet on a regular basis include turnips and sweet potatoes.

## 7 Tuna

High in protein and low in calories, tuna is an excellent option for weight loss. It is also a lean fish due to its minimal fat content. Tuna is an extremely popular options among fitness models and bodybuilders due to these properties.

If you are mainly emphasizing protein intake, choose tuna that is packed in water, not oil. Tuna is also packed with Omega 3s.

Not a fan of tuna?  
Try the Isagenix IsaLean Shake!



## 8 Beans and Legumes

Certain legumes and beans such as lentils, kidney beans, and black beans can be helpful if you are trying to lose weight. These varieties are typically high in fiber and protein, two nutrients that are key for staying satisfied.

Beans and legumes typically contain a bit of resistant starch as well. Unfortunately, some people do not tolerate legumes well. Preparation is key. Soaking beans and legumes for several hours or overnight prior to cooking can help make them easier to digest.

## 9 Veggie-Heavy Soups

Soups packed with veggies feature nutrients and filling fiber from the veggies along with high water content. Water helps keep your appetite in check, hydrates the body, and helps keep you feeling full and satisfied. Soups are also generally low in calories.

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## Cottage Cheese

Cottage cheese is high in protein, fairly low in carbohydrates, and full of calcium, a nutrient that has been found to increase fat loss in some studies.

Cottage cheese is a delicious way to feel satisfied without eating a great deal of calories. Protein also helps support a number of key processes in the body.

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## Avocados

While most fruit is high in carbs and sugar, avocados are unique in that they are loaded with healthy fats, particularly monounsaturated oleic acid.

Along with healthy fats, avocados also contain high amounts of water. They make a tasty addition to salads and can even boost the nutrient uptake from other vegetables in your salad thanks to its fat content.

They also boast crucial nutrients and fiber.

Love avocado? Try this amazing avocado and tuna recipe!



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## Apple Cider Vinegar

Apple cider vinegar boasts a variety of weight-loss and health boosting properties. It is commonly used in condiments such as vinaigrettes and dressings. Some people consume it by diluting it with water and drinking it plain.

Studies suggest that taking vinegar with a high-carb meal can boost feelings of fullness and decrease calorie intake for the rest of the day.

Other studies have found that apple cider vinegar can help decrease blood sugar levels after meals, an effect that could offer a host of health benefits.

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## Nuts

Despite a high fat content, nuts can be helpful for losing weight. They contain a nice balance of healthy fats, protein, and fiber and make a convenient, satisfying snack.

Just be sure to avoid going overboard due to the high fat and calorie content in nuts.



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## Full-fat Yogurt

Another great option if you are trying to lose weight is full-fat yogurt. Yogurt is full of special bacteria, known as probiotics, that can help support a healthy gut.

A well-functioning gut can help fight inflammation, support healthy digestion, and protect against insulin resistance. Be sure to check the labels on your yogurt since low-fat kinds are often loaded with artificial flavors, sugar, and additives.

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## Certain Whole Grains

Recently, whole grains have been surrounded by negativity. Still, several types such as oats, quinoa, and brown rice offer numerous health benefits.

Oats are packed with beta-glucans, a type of soluble fiber that has been shown to support metabolic health and improve satiety.

Brown rice, and white rice as well, contain a certain type of resistant starch that can help keep you satisfied.

Refined grains such as white flour are a different story. These refined, heavily processed grains offer almost no nutrition, spike blood sugar levels, and have a negative impact on overall health.

While you may want to avoid grains if you are on a low-carb diet, there's no reason to avoid them if you can tolerate them.

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## Chili Pepper

Chili peppers contain a substance called capsaicin. This potent substance has been shown to decrease appetite and boost fat burning according to some studies. It can even be purchased as a supplement if desired.

Interestingly, the studies found no effect in individuals already accustomed to eating spicy food. This suggests that a tolerance can form over time. Still, it may be worth considering adding a bit of kick to your meals or researching a supplement with your doctor.

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## Fruits

Although fruit sometimes gets a bad rap for being high in carbs, the majority of health experts stress the importance of regularly consuming a variety of fruits. Most health experts agree that fruit is healthy.

It is well-known that people who consume the most fruit and vegetables tend to be healthier overall than people who skimp on produce.

Fruit boasts several properties that makes it helpful for weight loss. High levels of vitamins, minerals, antioxidants, and nutrients help support a healthy body and strong energy levels. While fruit does contain sugar, it is balanced out by the high fiber content in fruit. This fiber helps prevent the sugar from getting released into the bloodstream too quickly.

Certain groups of people such as individuals on an extremely low carb or ketogenic diet may wish to avoid or limit fruit consumption. However, the rest of us can enjoy fruit as a delicious, effective addition to a weight-loss friendly diet.

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## Grapefruit

This tangy citrus fruit deserves mention for various reasons. Grapefruit offers vitamins, minerals, and fiber.

One study even found that eating half of a fresh grapefruit prior to meals helped participants in the study lose 3.5 pounds over a 12 week period. It also appeared that grapefruit consumption help reduce insulin resistance.

Given these findings, you may want to consider eating half a grapefruit a half an hour before one of your meals. This habit may help keep you more satisfied and therefore help you lose weight.

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## Chia Seeds

Chia seeds may be tiny, but don't let your size fool you - they are nutritional powerhouses! They are loaded with satisfying fiber while being low in carbohydrates. Because of their rich fiber content, they can help keep you full.

They also offer a variety of vitamins, minerals, and fatty acids to help support healthy and energy.

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## Coconut Oil

Although fats were given a bad name, certain fats are actually healthy. For example, coconut oil is rich in medium chain fatty acids, known as Medium chain triglycerides (MCTs).

MCTs have been shown to be more satisfying than other fats. They may even help increase the amount of calories you burn and reduce the amount of belly fat you carry.

Since coconut oil is high in calories, it is important to use it in moderation. Consider replacing other unhealthy cooking oils with coconut oil to reap its health-boosting benefits without adding extra calories to your diet.

Extra virgin olive oil is another healthy fat worth including in your diet.

# Final Thoughts

Losing weight does not need to be miserable or difficult. By focusing on naturally delicious, healthy, nutrient-packed foods, you can lose weight while still enjoying yourself. Aim to fill your diet with some of the foods mentioned above and stay active to help shed any excess kilograms or maintain the weight you are already at.

Want to lose weight? Try these delicious, easy-to-cook recipes!



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