



# Foods to Increase for Healthy Weight Loss or Maintenance

## Healthy Nutrition Bowl:

Try creating a nutritious, delicious, and filling meal with simple ingredients.

- Start with fresh fruits or vegetables – spinach, bell peppers, avocado, snow peas, be creative!
- Add a grain or lean protein.
- Top with shredded low-fat cheddar cheese, cubed feta or lean meat, and season with a vinaigrette dressing!



Photo by: [Anna B/Flickr](#)

Healthy weight loss, or even weight maintenance can be difficult. Understanding which foods to eat to get all the nutrients you need each day and to also achieve your desired weight can be a challenging balancing act!

## What should I be eating?

Generally, for successful weight loss or weight maintenance a diet that includes fruits and vegetables, whole grains, lean protein foods, and low-fat dairy products is best.

**Fruits and vegetables** can provide important antioxidants for keeping a healthy immune system and preventing certain diseases. Fruits and vegetables are also naturally low in calories, making it easier for weight loss or weight maintenance.

**Whole grains** are also an important component of a healthy diet, as they contain high levels of important nutrients as well as dietary fiber. Experiment with many different types of grains such as brown rice, barley, tabouleh, or oats. Read more about their health benefits in [Whole Grains](#).

**Lean protein foods** can help build and maintain lean muscle without adding excess calories. Foods such as tuna, turkey or chicken breast, nonfat cottage cheese, tofu, sirloin, and eggs are examples of lean foods that provide the protein you need without exceeding the number of calories you may be trying to stay within.

**Low-fat or fat-free dairy products** such as milk, yogurt, and cheese will provide adequate nutrients along with less calories from fat. Try substituting plain Greek yogurt for sour cream, or adding some reduced fat cheese to salads or omelets.

Enjoy these foods paired with physical activity for the most effective weight loss and weight maintenance!