

[TIPS TO LOSE WEIGHT](#)



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The 3 Best Tips to Lose Weight Verywell Fit

They are better for your body than junk food, but they will still cause weight gain if you consume too much of them. Stick to these portion sizes when you plan meals for weight loss: 1 serving of cereal = size of your fist. 1 serving of a starch (rice, pasta, potato) = half of a baseball.

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Get a Thyroid Check. If you're having trouble losing weight after your 40th, it's time to ask your doctor about a thyroid screening. Women are more likely to develop thyroid health issues than their male counterparts, which can lead to symptoms like weight gain, fatigue, and depression. Fortunately, for many people,

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Watch your drinks. One easy way to lose weight quickly is to cut out liquid calories, such as soda, juice, and alcohol. Replace them with zero-calorie drinks like lemon water, unsweetened tea, or black coffee. Diet drinks will save you calories, compared with sugary beverages.

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