

## **SOME DIETS TO LOSE WEIGHT**



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Yogurt, of all the foods that were tracked, was most closely linked to weight loss. That doesn't prove that yogurt caused weight loss, but it stood out among other foods. 9.

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The academy s advice: Aim to lose 1-2 pounds per week, and avoid fad diets or products that make promises that sound too good to be true. It s best to base your weight loss on changes you can

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Generally to lose 1 to 2 pounds a week, you need to burn 500 to 1,000 calories more than you consume each day, through a lower calorie diet and regular physical activity. Depending on your weight, 5 percent of your current weight may be a realistic goal.

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