# Evidence Based Weight Loss: Food

WHAT SHOULD I EAT?

- **Better quality food** - Avoid processed foods and increase fresh fruits and vegetables. One trick is to focus on shopping on the periphery of your grocery store instead of the center.
- **Replace high calorie food with low calorie food** - Less dense foods can fill you up faster.

Pie chart:
- 25% Legume or Animal Protein
- 50% Fruits and Vegetables
- 25% Whole Grains
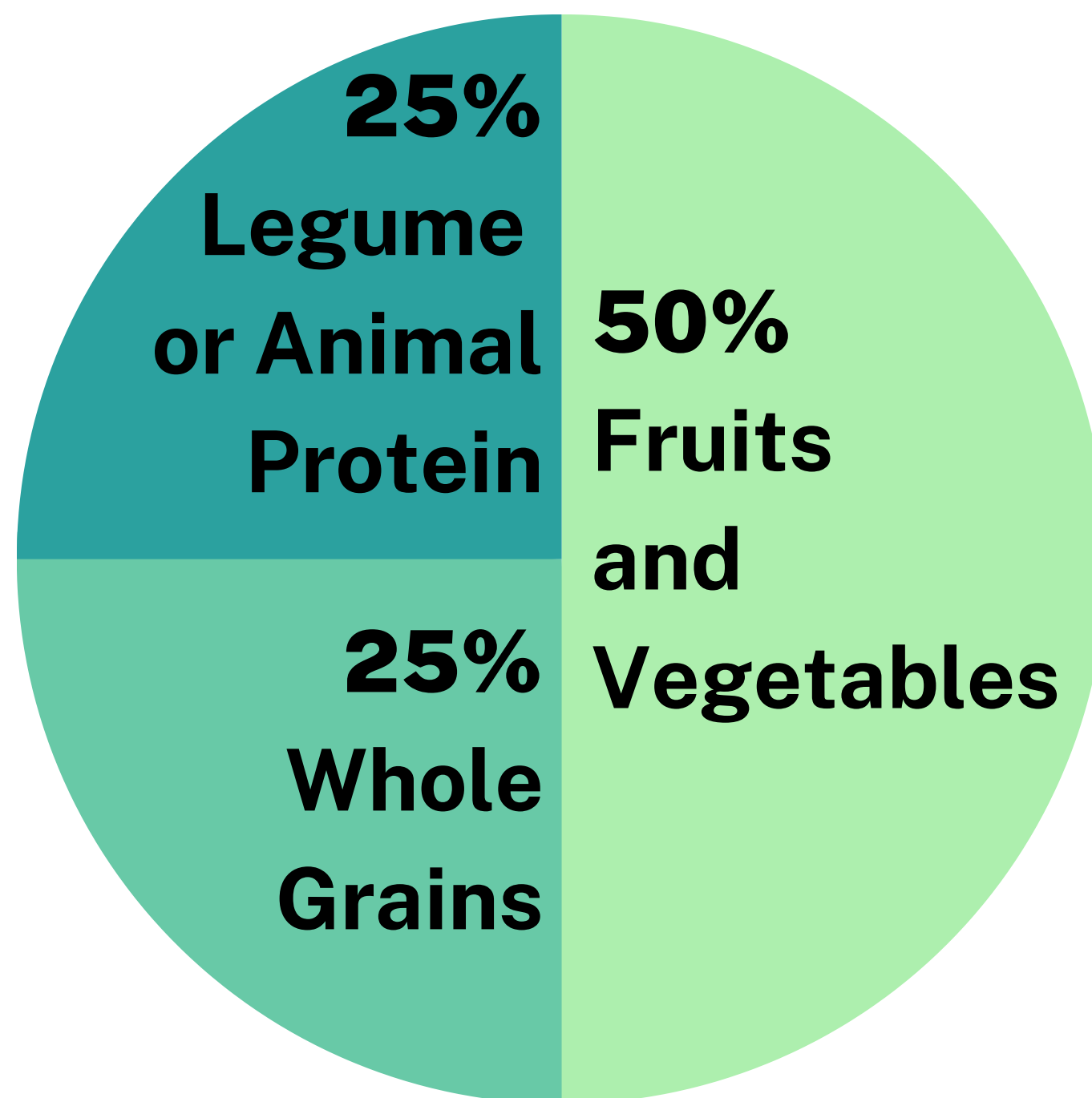
WHAT TO REPLACE?

- Soda/Sweet Drinks? **Replace** with: Water, Unsweetened Iced tea, Diet/Zero Calorie Drinks
- Fast/Fried food? **Replace** with: Home Cooking and Crunchy Vegetables
- Red meat? **Replace** with: Lean Meat such as Chicken, Seafood, or Pork

Replacing is more successful than cutting out

HOW MUCH TO EAT?

- **Track your calories** - Simply tracking calories has been shown to reduce the amount that you eat. Using a **Food Journal** and/or **Calorie Tracking App** makes the process easy!
- **Create a calorie deficit** - Eat 500-1000 kcal per day less than you burn.
- **Manage portion sizes** - Eat off small plates; start with small portions. If you are still hungry, eat a low calorie snack.

WHICH DIET?

Many diets have been shown to aid in weight loss. The best diet is usually a healthy one that you can stick to long term.

SOURCES

https://www.mayoclinic.org/healthy-lifestyle/weight-loss/in-depth/calories/art-20048065
https://www.aafp.org/pubs/afp/issues/2018/0601/p721.html