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Is kiwi a good fruit for weight loss

If it feels like you’re constantly trying to lose weight, only to have your efforts fail, it’s time to rethink your weight loss program. An effective regimen needs to do more than help you drop pounds, it should also promote habits that you can incorporate into your lifestyle. Each person has their own individual preferences and needs when it comes to eating and dieting. Check out some of the top weight loss programs so you can find a plan that’s right for you. Photo Courtesy: Weight Watchers WW, formerly known as Weight Watchers, is a points-based program scientifically proven to help adherents change their eating behaviors. Dieters like WW because it gives them a measure of control over the foods they eat, including access to treats. Its newest program, myWW, continues the 50+ year old company’s flexible, holistic approach to food and wellness, while offering different levels of engagement from digital-only access to personalized coaching. Proponents of WW love the multiple options for weight loss support, like in-person meetings and enthusiastic online communities, as well as the one-of-a-kind Wellness Wins program that rewards members for healthy habits. Photo Courtesy: MyFitnessPal MyFitnessPal is a free app and website that offers suggested calorie and nutrient goals based on the user’s activity level and weight loss goals. Users find MyFitnessPal easy to use and appreciate all the options to customize the app to their needs, such as calculating nutrients for frequently-used recipes, synching the app with their favorite fitness tracker, or researching the macros of seemingly every food and dish in existence. Need a nudge? You can also add friends on the app for additional support. A premium ad-free upgrade boasts additional features for the truly devoted tracker. Noom is a paid weight loss program popular with dieters who want to use technology to advance their weight loss efforts. The convenience of having a single mobile app to track food and exercise, look up recipes, and receive support and weight loss counseling makes Noom a good fit for tech-savvy dieters who want a comprehensive approach to losing weight—including those who aren’t Millennials (the target Noom audience). Dieters love that no food is off limits, and that the behavioral and social elements of eating are considered as part of creating healthier habits. Photo Courtesy: The Mayo Clinic Users of the Mayo Clinic Diet love that this program combines a short plan with a large initial weight loss with a long-term plan to permanently change their lifestyle. The program’s intro period boasts a lower calorie count that shocks the body into losing weight so that users are motivated to continue the plan. Program participants like that this diet encourages new habits that promote a healthy, sustainable diet. Photo Courtesy: Nutrisystem The Nutrisystem program is a hit with dieters who find themselves short on time. Your meals and snacks come prepackaged; all you need to do is heat and eat. You’ll appreciate having a controlled menu that requires minimal food prep. Users also like having the option to customize their program’s food to their tastes and dietary needs, and the fact that food is delivered right to their doorsteps. Dieters who have trouble limiting their consumption of unhealthy carbs often find success with the Atkins plan, a low carb weight loss program. Proponents of the Atkins plan state that it’s easy to follow, reduces their cravings, and eliminates the hunger often associated with dieting. Oh, and that the pounds often drop ridiculously fast on a diet that includes bacon. Fans like that you don’t have to limit your protein consumption, and that carbs are eventually reintroduced (unlike Keto which is 80% fat, forever). You can also purchase prepackaged Atkins shakes, bars, and meals that adhere to the plan. If you aren’t a fan of breakfast or if you prefer large meals, intermittent fasting is an excellent fit for your eating schedule. Intermittent fasting requires you to eat your meals during a designated 8-hour window that you select based on your schedule. Though hunger pangs are common at first, follows of intermittent fasting find that their body quickly gets used to the program’s eating window. And although some proponents also follow restrictive diets (low carb is a popular IF companion), others swear they find weight loss success eating whatever they want as long they stick to the time limit. Photo Courtesy: DASH Diet If you need to lose weight and address specific health problems, like hypertension or high cholesterol, the DASH diet can help you accomplish both of these goals. Followers of the DASH diet lower their blood pressure and bad cholesterol while raising their good cholesterol levels and their overall sense of wellness. The plan encourages a lot of vegetables, fruits, and whole grains while limiting foods high in saturated fat. Photo Courtesy: Jenny Craig The Jenny Craig weight loss program combines the popularity of prepackaged meals (plus additional fresh fruits and veggies) with the support of a one-on-one consultant. Followers of the Jenny Craig program love the accountability offered by their consultant. If you get off track or have a bad week, your consultant will help and support you so that you get back on the plan as quickly as possible. And believe it or not, many people really like the food, especially the frozen options. Photo Courtesy: Cleveland Clinic Though many dieters experience weight loss with the MIND diet, the eating plan was originally designed to decrease the age-related decline in brain health and lower your likelihood of suffering from dementia. Foods rich in antioxidants and healthy fats are encouraged, while foods high in fat or sugar are limited (think whole grains, leafy greens, berries, nuts, olive oil, fish, poultry--classic Mediterranean fare). Followers of the MIND diet find that it’s relatively easy to make the plan’s eating guidelines a lifestyle, especially since there are no caloric restrictions and the upside (neurological vitality) is so compelling. When it comes to losing weight, a big challenge for many people is giving up dessert, which is seemingly ubiquitous. Maybe your coworker brought donuts in for the team or candy bars seem to beckon you from the grocery checkout aisle. And, well, when the holidays roll around, all bets are off. It’s like an obstacle course for your goal setting.Meet your weight loss training buddy: fruit. Not only does fruit have the sweetness you’re craving, but unlike processed treats, it boasts plenty of nutrients as well. No wonder some people call it Mother Nature’s candy.In fact, the U.S. Department of Health and Human Services recommends that you fill half of your plate with fruit and veggies for optimal health. Yet while whole fruits are healthy, all food has calories, and you’ll want to keep that in mind when losing weight. If you’re on the popular ketogenic diet, some fruits are also better than others on this plan, due to the tight carbohydrate restrictions. Also, for people with type 2 diabetes, while it’s a myth that fruit is unhealthy, you’ll still want to monitor your intake due to their carb count, or else risk a blood sugar spike.The amount that’s right for you may differ, but the fact remains: Fruit is a healthy addition for your weight loss plan. "When you're trying to lose weight, an important aspect is feeling full for longer, but also enjoying what you eat — that's a huge part of sustainable, healthy weight loss," says Martha Lawder, RDN, president of the California Academy of Nutrition and Dietetics, who is based in Roseville, California. "Fruit can give you that fullness because of the fiber, but also it's delicious. That makes it a great go-to option."RELATED: 11 High-Fiber Foods to Add to Your DietHere's a look at some top choices, along with ideas on how to enjoy them if you're looking to maintain your weight or simply do your body some good.Atlanta-based Kristen Smith, RDN, spokesperson for Academy of Nutrition and Dietetics and registered dietitian for Piedmont Healthcare, says apples are high in fiber but low in calories, which, like many fruits, makes them a wise food choice if you're trying to lose weight."Foods with increased fiber can help slow digestion and keep you feeling satiated for longer periods of time," Smith says. "For optimal satiety and fiber intake, keep the skin on."One medium-sized apple provides 4.37 grams (g) of fiber, which offers 16 percent of the daily value (DV), along with 96.4 calories, according to the U.S. Department of Agriculture (USDA).Past research established the connection between consuming fiber-rich foods and managing weight.How to EnjoySmith recommends topping your favorite salad with apple slices, dipping them in Greek yogurt as a snack, or adding them to oatmeal for natural sweetness.Protein-rich Greek yogurt provides a whopping 14.9 g in each 150-g container of the plain, low-fat variety, according to the USDA. What's more, thanks in part to its protein, Greek yogurt can make for a good weight loss companion, noted a review published in July 2015 in Nutrition Reviews. And pairing your apple with oats is also smart for your waistline, considering they offer an extra helping of fiber. According to the USDA, each ½ cup of oats serving provides 4 g, which is 14 percent of the DV.If you prefer a no-frills snack, simply grab an apple and go. Their portability is part of their appeal.RELATED: 21 Tips for Weight Loss That Actually WorkBecause of their sweetness, raspberries can help satisfy a sugar craving, Smith says. These offer fiber as well as antioxidants, which combat harmful substances called free radicals in the body, research has shown. According to the USDA, 1 cup of raspberries has 8 g of fiber, offering 28 percent of the DV and making them an excellent source.Berries, in particular, are often categorized as superfoods because their high levels of vitamin C and vitamin E, which are antioxidants that help fend off chronic disease, according to a March 2018 article in Frontiers in Pharmacology. A cup of raspberries gives you 32 mg of vitamin C — 35 percent of your DV — and 1.07 mg of vitamin E, 7 percent of your DV, according to the USDA.How to Enjoy Though raspberries make good additions to salads and yogurts, too, Smith points out that these make a great snack on their own. Take a break, have a handful, and eat them slowly. You'll boost your mindful eating, plus get your sweetness.RELATED: The Top Foods High in Vitamin CA medium-sized orange provides 3.14 g of fiber, or 11 percent of your DV, per the USDA. But that only applies if you're eating the fruit itself, so keep this in mind if you're eating to trim your waistline."Avoid orange juice and eat a whole or cut-up orange instead," she says. "Also, oranges are packed with vitamin C, which offer several health benefits, like boosting your immune system, helping your body make collagen, and aiding with iron absorption." According to the USDA, a medium-sized orange has 69.7 mg of vitamin C, 77 percent of your DV.How to Enjoy Whip up an orange salsa, Smith suggests, and use it to top chicken breast or fish to get your vitamin C and protein fix. Making sure you keep up on your protein requirements is a good strategy for weight loss, according to a June 2015 study in the American Journal of Clinical Nutrition, because it helps you feel full for longer. Harvard University notes you need 0.8 grams per kilogram of body weight, so a 150-pound person would need 54 g of protein daily.RELATED: 8 Healthy High-Protein Snacks to Power You Through Your DayTalk about a major sweetness superhero — mangoes offer that no-sugar fix you want, and they can even help improve your metabolism and lower inflammation, says Lawder. A small, short-term study published in April 2017 in The FASEB Journal found that mango lowered blood pressure and helped with blood sugar regulation, both of which play a role in metabolism. It also improved inflammation markers, the research noted.And of course, they offer a nice helping of weight-supportive fiber. In one mango, you get 3.31 g of fiber, which is about 12 percent of the DV, per the USDA.How to EnjoyAfter cutting into slices or pieces, sprinkle a little chili powder and lime juice on top, Lawder says. This will provide a flavorful snack; plus, the kick may boost this snack's weight loss potential. A review published in June 2017 in the International Journal of Food Science and Nutrition found that the active ingredient in chile peppers, capsaicin, may accelerate weight loss efforts.RELATED: You Burn the Most Calories During This Time of Day, a Study FindsLike tomatoes, you may not think of avocados as a fruit. But while they may look odd in a fruit bowl, avocados can be a top addition when it comes to weight loss goals, says Lawder. That's because they're one of the fattiest plant foods available, and the USDA notes that about 77 percent of an avocado's calories come from fat — the good kind."The monounsaturated and polyunsaturated fatty acids in avocados have been linked to better heart health, and they increase your satiety level by a large degree," Lawder says. Fiber also contributes to avocados' satiating effect: One-half an avocado provides 4.55 g fiber, or nearly 16 percent of the DV, notes the USDA.A study published in April 2019 in Nutrients showed that overweight and obese participants who ate avocados as part of a meal felt less hungry after six hours compared with those who'd eaten a low-fat, high-carb meal.How to Enjoy After cutting a ripe fruit carefully, throw the pieces into a blender for a green smoothie, Lawder suggests. The texture of the avocado creates a creamy, thicker drink, like a milkshake, and you can add in all sorts of nutritious standouts, like banana, kale, chard, and Greek yogurt.RELATED: I Tried Noom for Weight Loss — and It Worked"Bananas often get badmouthed for being 'too high' in carbs," says Saginaw, Michigan-based dietitian Kelsey Lorencz, RDN. Because fruit is full of natural sugar, which translates into carbs, it's a common myth that it can contribute to weight gain, she adds. People on a low-carb diet like keto are often advised to avoid fruits like bananas."In reality, part of the carbohydrates from bananas are in the form of the fibers pectin and resistant starch. Both of these can actually help regulate blood sugars, not spike it," says Lorencz. This type of starch earns that label because it is resistant to digestion, previous research notes, and that's a good thing, because it functions like fiber and slows digestion — which keeps you full for longer, and also keeps blood sugar steady so you maintain energy. That can keep you from a blood sugar slump that has you reaching for a sweet treat to perk back up.How to Enjoy There's a reason these are a such a go-to ingredient for smoothies. They blend well and add that tropical flavor to any mix. For added weight loss clout, throw in a small handful of nuts. Research has found that nuts can aid in weight loss, mainly because they help keep you full for longer thanks to their healthy fat and protein content.RELATED: 17 Creative Ways to Cook or Bake With Brown BananasIn addition to another big burst of vitamin C — one cup of chunks provides 78.9 mg, or about 88 percent of the DV, notes the USDA—pineapple has a high water content and hydration has been shown in numerous studies to help with weight loss, says Lorencz.For example, a prior review noted that several clinical trials have shown that adding water-rich foods such as fruits and vegetables to your diet is associated with weight loss, even when participants were not instructed to restrict calories.How to EnjoyEven if you're a firm no to the "pineapple on pizza" question, pineapple does pair well with savory foods and dairy, says Lorencz. For example, blend some crushed pineapple into cottage cheese for snack. Cottage cheese is a top choice because it's high in protein—the amount depends on brand, but the USDA notes that 1 cup of the low-fat variety provides 23.6 grams.With so many different options when it comes to fruit, it's easy to play around with flavor combinations, creating a sweet treat when you need it, and enjoying all the fiber and nutrients that make this an ideal addition to your weight loss efforts.

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