

# Lose Weight Quick – Essential Food Tips

---

Article © 2011 <http://how-lose-weight.net/>

Aside from lack of exercise, the primary factor which contributes to weight gain is the intake of unhealthy foods. If you are planning to lose weight, you also need to focus on improving your food choices. This means eliminating unhealthy ones and incorporating new healthy alternatives that will help you succeed in your diet plan. Listed below are essential food tips that will help you **lose weight quick**.

## Reduce consumption of fatty foods

Fatty foods are the primary cause of weight gain. Ideally, the quantity of calories acquired from fat consumption should not exceed 25%. If you intend to lose weight, steer clear from fast foods which mainly serve fried foods, same goes for home-cooked meals. Eating too much food rich in fat usually results to obesity along with other ailments related to excessive fatty foods intake.

## Slow down on the sweets

According to research, sugar is linked to an increase in calorie intake because it enhances food cravings. Though sugar is less damaging than fat, anyone on a diet should minimize consumption of sweet foods.

## Indulge in fiber-rich foods

Wholegrain cereals, vegetables and fruits are fiber-rich foods which fill you up even if you eat just a small quantity. If you feel hungry, you can take them as in-between-meals snacks. The good thing with these types of foods is that you can eat as much as you want without having to worry about ruining your diet. To add to this, they are also very rich in nutrients that your body needs. Fiber-rich foods don't only help you drop those extra pounds, but they are nourishing as well.

## Drink lots of water

The importance of water in the body can't be stressed enough. It helps balance the nutrients in the body. As a general rule, you should drink at least 8 glasses of water everyday to keep yourself hydrated. Not only this, it also effectively helps maintain healthy skin.

Losing weight quick doesn't mean giving up on healthy foods. The idea here is for you to control your intake of foods which causes weight gain and to observe healthy habits. To avoid pigging out on food, don't wait until you become very hungry and ravenous. The best approach is to take small healthy snacks in-between meals. Getting sufficient sleep is also very important. The best option for you to **lose weight quick** is to eat right, not starve yourself.

How-Lose-Weight.com