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## What is the diet chart to lose weight

Medically reviewed by Katherine Marengo LDN, R.D., Nutrition — Written by Louisa Richards — Updated on March 29, 2022For individuals wanting to lose weight, it can be challenging to find a suitable weight loss program since there are so many available online. However, adopting a diet rich in whole foods and limiting processed foods is a good starting point.This article explains how to plan a meal for weight loss and includes a 7-day meal plan for people to consider. It also discusses other helpful approaches to weight loss for different groups and those with different dietary requirements.Share on PinterestFevzille / ShutterstockA person should plan their meals according to their requirements. They should consider:how much weight they need to losetheir activity levelsany dietary requirements for health conditions any personal, cultural, or religious dietary requirementshow much available time they have for food preparation and shoppingtheir level of cooking expertise and the difficulty of recipeswhether the meal plan needs to include other members of the householdOnline resources are available that can help a person plan their meals. However, each plan's nutrient content can vary greatly, so a person must ensure they receive a sufficient amount of vitamins, minerals, and fiber. The following section contains a healthy meal plan for weight loss that a person can adapt as necessary. The following meal plan provides options for 7 days of meals and snacks. The plan consists of nutrient-dense whole foods.A person should determine the appropriate portion sizes, according to their weight loss goals, activity levels, and individual requirements. Grocery listA weight-loss diet plan can often begin in the grocery store.Planning ahead can help when it comes to purchasing and eating the right foods. If a person can visualize their shelves and refrigerator full of healthy foods, they may also be less tempted to add unhealthy varieties to their stock.A person can consider the following tips:Creating a meal plan for the week ahead featuring healthy meals and basing a grocery list only on what those meals need. Then, committing to purchase only what is on the list to avoid choosing unhealthy snacks.Visualizing the store layout beforehand and avoiding the ice cream and candy aisles to reduce temptation.Reducing trips to the grocery store by stocking up on healthy items that are easy to store, such as lentils, oatmeal, quinoa, and rice. Ordering groceries for collection to avoid temptation when walking past the baked goods aisle. Healthy additions to add to any grocery list include:canned or dried beans and lentilsgrains, such as brown rice and quinoafresh and frozen fruits and vegetablesfish and lean meats, including turkeyeggsgurtoatmealUnderstanding exactly what is needed and cutting out snacks high in added sugar and fat can make grocery shopping easier.When considering ways to lose weight, vegetarians and vegans should include whole foods and limit refined carbohydrates and processed foods. People should pay particular attention to packaging labels when purchasing meat alternatives, as many of these products contain added sugar and fat.People who eat a plant-based diet will also need to ensure that their meals contain enough protein. Some good sources of plant protein include:Vegan meal planResearch shows that people who follow a vegan diet tend to have a lower body mass index (BMI) compared to omnivorous diets and pescatarian diets.Vegan diets are entirely plant-based, which means they do not include meat, eggs, or dairy products.Vegan diets eliminate many foods high in fat, cholesterol, calories, and saturated fat. However, since animal diets contain vitamin B12, individuals following a vegan diet will need to find other sources of B12, such as supplements or fortified plant milks and cereals. The following provides an example of a 1-day vegan meal plan.Vegetarian meal planThose who follow a vegetarian diet avoid meat and fish but may continue to eat eggs and dairy products.Research shows that following a vegetarian diet can be an effective way to lose weight. However, individuals who follow a vegetarian diet need to be careful about what they eat to ensure they meet their nutritional requirements.The below meal plan provides an example of what one day following a vegetarian diet might encompass.Learn more about vegan and vegetarian diets here.Losing weight can help a person with diabetes manage their blood sugar levels and avoid complications.According to the American Diabetes Association, people with diabetes should lose weight through a combination of exercise, diet, and portion control. Low glycemic index (GI) foods can help someone avoid spikes in blood sugar while they lose weight.A person who has type 1 diabetes should consult their doctor or dietitian for help devising a weight loss plan. People will need to manage their diet to work alongside any medications they take to control their blood sugar levels.Diabetes meal planFor individuals with diabetes, a healthy meal plan should focus on whole foods rather than processed foods to help manage blood sugar levels as much as possible. It will include non-starchy vegetables such as broccoli, spinach, and green beans. It will also incorporate fewer added sugars and refined grains, such as white bread, rice, or pasta.Below is an example of what one day following a diabetes meal plan might entail.Dietary choices can contribute to obesity and type 2 diabetes, which can increase person's risk of cardiovascular disease.A heart-healthy meal plan emphasizes foods that support cardiovascular benefits, such as vegetables, whole grains, and oily fish. It also limits red and processed meats, alcohol, and foods high in sugar and salt.Examples of heart-healthy diets include the Dietary Approaches to Stop Hypertension (DASH) diet, the Mediterranean diet, and vegetarian diets. Research shows all of these diets can help prevent cardiovascular disease.Below are some meal options for a heart-healthy diet.Heart-healthy meal planDietary requirements vary. There is a range of approaches to weight loss that may benefit different people. A 2017 systematic review investigated the effectiveness of weight loss interventions in men. The review found that the following strategies were the most effective at promoting weight loss:a calorie-restricted dietphysical activity advicean activity and behavior-change program However, while this review looked specifically at strategies for males, these approaches work for females too. The review also notes that participants preferred face-based language and personal feedback. People who prefer this type of support and advice may benefit from using apps such as My Fitness Pal or receiving help from a personal trainer or registered dietitian. Weight loss during pregnancy and breastfeedingDieting during pregnancy and breastfeeding may not be appropriate. Anyone concerned about their weight or general fitness during pregnancy or breastfeeding should talk with a doctor or midwife for further advice.Weight loss and menopausePeople going through menopause may find it more challenging to lose weight. A 2019 study found that fat mass and body weight tend to increase during the menopause transition. The study found that the women had an average fat mass increase from 1-1.7% per year of the transition, resulting in a 6% total gain in fat mass over the 3.5 year transition period. The average weight gain among the participants was 1.6 kilograms.Females who aim to lose weight during menopause should ensure that they consume enough nutrients to support their bone health. Nutrients include: vitamin Dcalciumvitamin KmagnesiumAccording to the National Heart, Lung and Blood Institute (NHLBI), to lose weight successfully and safely, people should aim to lose 1-2 pounds per week for 6 months. A person can achieve this level of weight loss by reducing their calorie intake by 500-1,000 calories per day. However, the body can also make hormonal adaptations when a person cuts their calorie intake, and their weight loss may plateau as a result. Many low-calorie diets restrict fats, but fats help a person feel full. As such, some people may not be able to sustain a low-fat diet. People should also consider that calorie reduction alone may not be sufficient for maintaining weight loss. This is because foods with the same amount of calories can have different effects on a person's metabolism.For example, high GI foods could have detrimental effects on a person's weight loss goals. According to a 2014 randomized controlled trial, these foods could cause spikes in blood glucose levels and insulin levels.scavings for high carbohydrate foodsincreased fat storageSome examples of high GI foods include:sugary foodsugary soft drinkswhite breadwhite ricepotatoesIn addition to cutting calories and eating healthy foods, individuals may want to consider incorporating an exercise routine to support their weight loss goals.A 2020 study comparing diet versus a diet and exercise program for health enhancement and weight loss among overweight women aged 40-60 years found that a combined diet and exercise approach showed the best results.A 2018 review examined the optimal dietary approach for effective and sustainable weight loss among people who were overweight or obese. The review concluded that there is no single fit-for-all diet and that the best approach is individualization. The same review emphasizes the importance of the following approaches for weight loss:avoiding added sugars limiting processed foodsconsuming whole grain productseating more fruit and vegetablesAlongside meal planning and following a shopping list, some additional tips that may help a person lose weight include:being aware of portion size and the ratios of different macronutrients including protein and fiber in every mealexploring new herbs and spices to add variety to meals and reducing the need for extra sugar, salt, and fatbatch-cooking healthy meals for the freezeravoiding long periods without food to reduce cravings for unhealthy snacksmaintaining hydration to reduce cravings for sugary drinksperforming 30 minutes of moderate-intensity physical activity on most or all days of the weekpartnering with a diet and exercise buddyusing weighing scales no more than once a week at a consistent time of the dayCombining a healthy diet with an active lifestyle can help a person maintain a moderate weight. Planning meals and shopping is beneficial for successful weight loss.Counting calories may not be the only useful approach to weight loss. A weight loss program is more successful when a person adapts it to their individual requirements.A registered dietitian or certified nutrition specialist can work with a person to devise an optimal meal plan and support the person while working toward their weight loss goals. Last medically reviewed on March 29, 2022DiabetesNutrition / DietObesity / Weight Loss / FitnessVegan / VegetarianMedical News Today has strict sourcing guidelines and draws only from peer-reviewed studies, academic research institutions, and medical journals and associations. We avoid using tertiary references. We link primary sources — including studies, scientific references, and statistics — within each article and also list them in the resources section at the bottom of our articles. You can learn more about how we ensure our content is accurate and current by reading our editorial policy.Gardner, C. D., et al. (2018). Effect of low-fat vs low-carbohydrate diet on 12-month weight loss in overweight adults and the association with genotype pattern or insulin secretion. *G. A., et al. (2019). Changes in body composition and weight during the menopause transition. G., et al. (2020). A comparison of diet versus diet + exercise programs for health improvement in middle-aged overweight women. M., et al. (2014). Effect of the glycemic index on weight loss, modulation of satiety, inflammation, and other metabolic risk factors: A randomized controlled trial. [Abstract]. recommendations (n.d.). C., et al. (2018). Defining the optimal dietary approach for safe, effective and sustainable weight loss in overweight and obese adults. weight for good. (n.d.). V., et al. (2019). A Clinician's Guide to Healthy Eating for Cardiovascular Disease Prevention. . (n.d.). C., et al. 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