

Processed Foods That Can Support Weight Loss



Canned beans



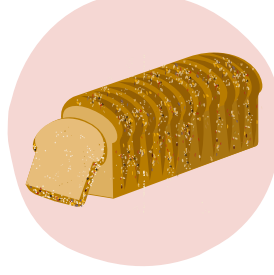
Tofu



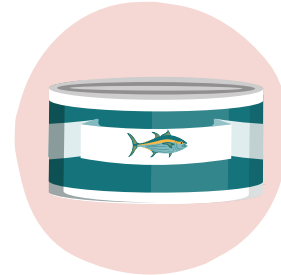
Frozen fruits and vegetables



Greek yogurt



Whole grain bread



Tuna

Always read the nutrition label

This is your best resource for identifying hidden ingredients such as added sugars, saturated fat, and excessive sodium. Pay attention to serving sizes and note that “low fat” or “sugar-free” labels do not always equate to healthier options.

Focus on nutrient density

Opt for foods that offer a high amount of nutrients relative to their calorie content. For example, choose low fat dairy products that are also rich in calcium and protein.

Balance convenience and nutrition

Choosing nutritious foods that are also convenient can help you stay on track with weight loss goals while still enjoying a variety of foods that support your overall health.