

Published based on [Achieve Your Weight Loss Goal With Healthy Foods](#)

# **Achieve Your Weight Loss Goal With Healthy Foods**

There are a lot of healthy foods that you could have not considered that are really effective in losing the weight. In the case healthy way of eating makes you think that there are foods that you cannot eat, just try to refocus your attention on those foods that you can eat. In this article you will find some tips that could help you to drop pounds fast by just eating healthy food and enjoy what you are eating. In some cases all it takes to lose 10 pounds is to avoid your normal habits a little bit and gain some new habits.

You need to start your 1 month loss with some fresh fruits. It does not mean that you need to limit yourself to only apples and bananas. In fact there is a great variety of different fruits including some exotic ones. When it is not a season for your favorite fruits, it is possible to eat its frozen, dried or canned variant. In the case of canned fruits you need to remember that there some sugar or syrups could be added. In the case you are choosing the canned fruits, you need to make sure that those fruits are packed in water or their own juice.

Do I need to refuse from my comfort food?

In fact, you do not. You could lose 10 pounds in a month without giving up your comfort food. But it does not mean that you may eat it in unlimited quantity. You do not need to forget about the balance. As well you need to remember that you can have the food high in calories, sugar or fat once in a while and balancing all this with the healthiest alternatives and keeping up the physical activity. In addition, you need to eat smaller portions.

You can choose the alternatives which have lower amount of calories. Eating lower calorie ingredients or choosing to cook it differently will provide you with a big difference. For instant, in the case you traditionally use butter, milk and full fat cheese while making your macaroni and cheese, try to use lower quantity butter, low fat cheese and some fresh spinach and tomatoes.

The other tip for in the case you are going to lose 10 pounds of the weight in a month is to try a new twist on your old recipe. In the case you normally fry chicken or fish, just try to bake or grill it. As well, you could replace the meat that contains high level of fat with the beans. Today there is no problem to find some recipes that contain ingredients that are low in calories. I am sure that you will be surprised how tasty healthy food could be and one of them will become your favorite recipe.

Is it realistic to [lose 10 pounds](#)? Well, in the age which is close to investing artificial intelligence most likely the answer should be, "Surely it is possible to [lose 10 pounds](#)!" But this is not so simple, especially if we are talking about to [lose 10 pounds](#) permanently.

Due to this if you are properly armed with the knowledge in your topic you can be sure that you will in any case find the way out from any bad situation.

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