

Top 10 Foods for a Healthy Weight

Ten evidence-based foods that support healthy weight management through fiber, protein, and satiety, with portion guidance and cautions.

1 Yogurt

Protein, calcium

Serving: 3/4 to 1 cup daily

Associated with the least weight gain in a large cohort.

2 Nuts

Protein, fiber, unsaturated fat

Serving: 1 oz daily

Linked to less weight gain despite calorie density.

3 Vegetables

Fiber, water, potassium

Serving: Half your plate at meals

Low-calorie, high-volume foods tied to less weight gain.

4 Whole Fruits

Fiber, water, vitamin C

Serving: 2 servings daily

Fiber-rich sweetness associated with less weight gain.

5 Whole Grains

Fiber, B vitamins

Serving: 3 servings daily, replacing refined grains

Associated with less weight gain than refined grains.

6 Legumes

Protein, fiber

Serving: 1/2 cup cooked daily

Protein and fiber that boost fullness.

7 Eggs

Protein, choline

Serving: 1-2 eggs

High-quality protein for a filling breakfast.

8 Fish and Seafood

Protein, omega-3s

Serving: 2 servings per week

Lean protein that can replace red and processed meats.

9 Oats

Beta-glucan

Serving: 1/2 cup dry daily

Beta-glucan fiber that slows digestion.

10 Water, Coffee, and Tea Instead of Sugary Drinks

Zero calories (unsweetened)

Serving: Replace each sugary drink

Swapping sugary drinks is one of the most effective changes.

How to use this list: pick two or three foods to add this week, build on them over time and aim for variety. Full evidence, cautions and sources are on the web guide: healatlasc.com/healthy-foods/healthy-weight/