

# Weight Loss: How to Create a Calorie Deficit and Quickly Lose Weight

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## Here are some Diet Tips to help you Create a Calorie Deficit and Lose Weight

### Cut portion size

If you want to reduce weight, get in the habit of eating smaller meals than you have been. Reduce your portion size in proportion to your body weight, but do it in a healthy manner after contacting a trained nutritionist or dietitian. It's worth noting that reducing portion sizes still entails eating all three meals of the day, albeit in lower portions, and not skipping a single one.

**Consume More Low-Calorie Fruits and Vegetables**  
Foods with negative calories need more energy expenditure during digestion than they provide to the body. Negative calorie foods are fruits and vegetables that are extremely low in calories, and having them in your diet may help you create a calorie deficit in a healthy way. Some of the most popular negative calorie foods include carrots, tomatoes, cucumbers, and watermelons.

**The Following Foods have a Negative Calorie Count:**  
Celery: Celery ranks high on the list of negative calorie foods. It has a calorie content of only 16 calories per 100 grams (as per USDA).

**Berries:** A half cup of raspberries, blueberries, or strawberries is only 32 calories (as per USDA). Berries are high in antioxidants and anti-inflammatory properties, and they're also excellent for your heart.

**Tomatoes:** Per 100 grams, this acidic pleasure contains only 19 calories. Apart from being a juicy and delicious source of dietary fibre, potassium, and vitamin C, it's also a good source of antioxidants. Tomatoes can also help you lose weight and decrease your cholesterol.

**Cucumber:** Cucumber has a calorie count of 16 per 100 grams. Yes, our favorite salad has such a low calorie count. Cucumbers are a great source of nutrients, vitamins, and electrolytes, as well as being incredibly hydrating.

**Watermelon:** Watermelons have 30 calories per 100 grams, making them another summer favorite. Watermelons are also high in lycopene, a phytonutrient that has been shown to protect the heart. Watermelon's citrulline, found in both the rind and the meat, can help with blood flow and immunity.

## Drink Adequate Water

It's a shame to go a day without drinking enough water, especially if you're attempting to lose weight. It not only boosts metabolism but also suppresses hunger. Keep drinking water throughout the day and a glass before each meal to help your body ingest less food and calories.

## Restrict Meals for a Specific Time Period

Intermittent fasting is a technique used by some people to help their bodies burn more calories. It entails limiting all three meals to a 12 or 14 hour window throughout the day and then going without food for the rest of the day. It is recommended that you do this only after seeing a nutritionist and assuming that you do not have any long-term or chronic illness or condition [4,5].

## References

1. Khosla

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in your meals. However, before you begin, you must first set realistic life goals. You must select how many calories you should cut down on

based on how much weight you want to lose. Once you've established a fat-loss rate for yourself, you can create a diet chart that you must follow as closely as possible [1-3]