

SHAPE

TOP 50 SPRING DIET FOODS FOR WEIGHT LOSS

By *Jessica Smith*



DIET FOOD: MORELS

Morels (and select wild mushrooms) are a nutrient rich, low-calorie food that provides high-volume and low-energy density deliciously, says Jackie Newgent, Registered Dietitian, culinary nutritionist and author of *Big Green Cookbook*. Newgent recommends reducing your daily calorie intake (without deprivation) by replacing high-energy dense foods (like ground beef) with low-energy dense foods (like mushrooms). Another fungus bonus? Mushrooms are the only natural food source of vitamin D in the produce aisle (vitamin D not only helps to build and maintain healthy bones, but it has also been shown to speed up weight loss), and one cup of morel mushrooms provides 136 IU vitamin D, Newgent says.

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