

SHAPE

[Food for Weight Loss](#) | October 16, 2011

Top 50 Fall Diet Foods for Weight Loss



By Jessica Smith



CRANBERRIES

One half-cup serving of fresh, vibrant, whole cranberries is a good source of satiating, dietary fiber with only 25 calories, says [Jackie Newgent](#), a registered dietitian, culinary nutritionist, and author of [Big Green Cookbook](#). “Plus, cranberries are packed with polyphenols and flavonoids to help promote a healthy heart and immune system.” To add lots of flavor without excess calories or fat, toss them into muffins, salads, or in [wild rice](#).



ELDERBERRIES

These purplish-black berries are loaded with potassium, which can help reduce blood pressure and keep you going strong during your workouts. They may even help you reduce belly fat: “[animal studies](#) have shown that a compound found in elderberries may be beneficial for reducing body weight, particularly abdominal fat,” Newgent says. “Look for elderberry jam and spread it on toast instead of butter.”



SWEET CORN

“One entire ear of corn has fewer than 100 calories—and is bursting with sweet, buttery flavor,” Newgent says. “In addition to being a good source of lutein and zeaxanthin (both beneficial for eye health), corn provides both dietary fiber and protein which, when coupled together, can help boost the feeling of fullness.” Don’t drown it in butter; instead keep it light and full of flavor with one of [these healthy eating ideas](#).

Full article: <http://www.shape.com/weight-loss/food-weight-loss/top-50-fall-diet-foods-weight-loss>