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Many diet plans can help you lose weight, but if you want to keep it off, choose a diet that is not so restrictive you can't stick to it.Studies that compare different types of diets have not yet found a single "best" weight loss diet plan that works for everyone. Most established diet plans can help with weight loss if you stick to it, but diets that are unhealthy or too restrictive are difficult to follow long-term and most people gain weight back as soon as they stop following the diet. A good diet plan involves healthy eating that provides nutrients the body needs while staying within a daily calorie goal for weight loss. It is also one that a person can stick to long-term. In general:Women should aim for a diet plan that contains 1,200-1,500 calories daily to help lose weight safelyMen, women who weigh more, or women who exercise regularly should aim for a diet plan that contains 1,500-1,800 calories daily to help lose weight safelyDiets of fewer than 800 calories daily should not be used except under a doctor's supervisionOther factors to consider:Older people have a slower metabolism than young people, and will lose weight more slowlyMen have more muscle mass than women, which uses more energy, so men usually lose more weight than women of similar height and weight when dietingPeople who are obese lose weight more quickly than those who are only moderately overweight There countless diet plans available. Some popular diet plans include: Portion-controlled dietsInvolves consuming pre-packaged foods, like frozen low-calorie meals or meal-replacement drinks or bars to equal daily calorie goalsLow-fat diet Involves counting fat grams. For example, for a 1,500-calorie diet, people on a low-fat diet should aim for 45 g or fewer of fat per dayIncrease the amount of healthy carbohydrates such as whole grains, fruits, and vegetables into the dietLow-carbohydrate diet Examples include the Atkins diet, South Beach diet, or the ketogenic diet ("keto")People generally aim for between 60 and 130 grams of carbohydrates per day, or between 0 and 60 grams of carbohydrates per day for very low carbs (compared to a standard diet that typically contains 200 to 300 grams of carbohydrates)Low carbohydrate diets can cause quick weight loss but some allow for high amounts of saturated fats (such as in butter and red meat), which can increase cholesterol levels and increase the risk of heart diseaseMediterranean diet"Mediterranean diet" is not a specific plan but a way of eating based on the diets eaten in olive-growing regions around the Mediterranean SeaMost Mediterranean diets include:A lot of monounsaturated fats (such as olive or canola oil, walnuts, pecans, almonds) and low amounts of saturated fats (such as from butter)Plenty of vegetables, fruits, legumes, and grainsA moderate amount of fat-free or low-fat dairy products, mostly in the form of cheeseLow amount of red meat and meat products; fish or poultry are acceptableA modest amount of red wine (up to one 4-ounce glass per day for women and up to two glasses per day for men) is permitted protect against cardiovascular diseaseWhole food plant-basedBased on consumption of whole, unrefined, plant-based foodsFocus on foods that are minimally processed including whole grains, fruits, vegetables, and legumes A type of vegan diet"Fad" diets - AVOIDThese types of diets usually promise quick weight loss Usually have no scientific evidence they are safe or effective Can cost a lot of money in pills, special foods, books, seminarsRemember: diets that sound too good to be true usually are Sleep Disorders: Foods That Help Sleep or Keep You Awake See Slideshow If you're planning to up your protein intake for weight loss or muscle gain, or just want to understand how it fits into your diet, here are some of the facts. WHY DOES YOUR BODY NEED PROTEIN? Protein is an essential part of any diet as it is used by your body for healthy muscle function. This doesn't just mean your legs and arms, your heart and other organs are muscles too.WHY IS PROTEIN GOOD FOR WEIGHT LOSS AND MUSCLE TONING? As protein contributes to muscle building it is obviously needed if you want to tone up. However, it is also important for losing weight as your metabolism processes calories more efficiently the more muscle there is in the body. It also isn't stored in the body as fat the way sugars and carbohydrates are, if not burned off as energy.HOW MUCH SHOULD YOU EAT? It is not an exact science, but personal trainer and nutritionist Ramona Braganza advises, 'during the day you're supposed to have 0.8 x your body weight in kilos, for many that's around seven eggs or a seven ounce piece of salmon's worth of protein. The best way to have it, is to have it with every meal of the day.' That said, nutritionists are careful to remind people that this is not a fad diet, nor anything close to The Atkins. Protein should be eaten alongside vegetables and some carbs. You especially need the glucose from carbohydrates after a strenuous workout.WHAT IS WHEY PROTEIN? Whey is a concentrated man-made form of protein which was originally formulated for body builders. It has grown in popularity in recent months as more people strive for a healthy body. However, it important to consult a doctor if you are planning to introduce this into your diet. If you are overweight they can help organise a programme which may involve meal replacements. Like this? You'll love...20 of the best low calorie dinnersTips for how to get rid of bingo wingsMore weight loss and exercise advice This content is created and maintained by a third party, and imported onto this page to help users provide their email addresses. You may be able to find more information about this and similar content at piano.io Credit: Getty Images Use our mix-and-match menu to get a week's worth of healthy meals. You'll feel full and lose weight at the same time. The beauty of this 7-day menu plan from feel great weight dream team RD Marissa Lippert? You can mix and match to create your own customized diet (we did promise it would feel great, after all). Choose one breakfast, one lunch, one dinner, and two snacks a day. Your total calories will be around 1500 (roughly 300 for breakfast, 400-450 for lunch, 450-500 for dinner, and 100-200 per snack). Advertisement Advertisement Credit: Getty Images • Enjoy 3/4 cup museli cereal with dried cherries and pecans with 1 cup skim, low-fat or unsweetened soy milk. • Spread 2 tablespoons of light cream cheese on 2 slices of pumpernickel bread and top with 3 to 4 pieces of smoked salmon and sliced red onion or capers. • Warm up and get energized with 1/2 cup quinoa cooked with 1 cup skim, low-fat or soy milk and 3/4 cup diced apple. Mix in a dash of cinnamon and 1 teaspoon of brown sugar. Credit: Getty Images • Indulge in 3 silver-dollar sized homemade whole wheat-oatmeal pancakes (half whole wheat flour, half rolled oats) topped with 2 tablespoons chopped walnuts and 1 small barely ripe banana, sliced. Drizzle 2 teaspoons maple syrup over top. Enjoy with a small skim, low-fat or unsweetened soy latte. • In medium-sized ramekin, sprinkle 1 egg with salt and red pepper flakes and drizzle 1 teaspoon extra-virgin olive oil over top. Bake at 375° for 10 minutes and serve with 1 cup sliced onions and red bell pepper mixture sautéed in 2 teaspoons extra virgin olive oil and 2 pieces turkey bacon. Pair with 1 slice rye toast. Advertisement • 6 oz plain low-fat yogurt topped with 1/4 cup pomegranate seeds, 1 tablespoon sliced almonds, 2 teaspoons ground flaxseed meal, and 1 teaspoon honey. • Wrap 2 scrambled eggs, 1/2 cup cooked spinach, 1/3 cup sautéed mushrooms, and 1 tablespoon goat cheese in whole grain, high fiber wrap (like Ezekiel).• On the run? Order a Spinach-Feta Egg Wrap from Starbucks to go. • 1 ounce of brie with 1 cup of apple slices • 15 blue corn chips (like Food Should Taste Good) with 1/3 cup guacamole • 2 wholegrain crackers (like Wasa) with 1 Tbsp nutella spread and 1/2 medium sliced barely ripe banana• 12 oz skim latte sprinkled with cinnamon and nutmeg• 2 dried apricots dipped in white chocolate and 8 walnut halves Credit: Getty Images • 1 all-natural granola bar (like 18 Rabbits or Kashi) • 1 1/2 cups fresh cut red bell pepper strips and asparagus spears with cucumber-yogurt-chive dip (1/4 cup whole fat yogurt mixed with 2 tablespoons grated cucumber and 1 teaspoon minced chives; salt to taste)• 2 oatmeal raisin cookies (like Newman's Own) and 1 cup skim, low-fat or soy milk• 12 brown rice crackers with 2 tablespoons roasted garlic hummus Advertisement Advertisement Credit: Getty Images • Toss 2 cups baby spinach with 4 oz diced grilled chicken breast, 1/2 cup sliced pears, 2 tablespoons gorgonzola cheese and 2 tablespoons chopped walnuts. Drizzle with 1 tablespoon balsamic vinaigrette. • Open-faced turkey Reuben: 3 or 4 slices of fresh roasted turkey with 1/4 cup sauerkraut, sliced tomato, light Russian dressing (2 teaspoons light mayo, 1 tsp ketchup, 1/4 tsp relish) topped with 1 slice Swiss cheese on 1 slice rye bread. Toast in a toaster oven or in the oven at 375° until cheese is melted. Serve with 2 cups mixed greens and 1 teaspoon olive oil, 1 teaspoon lemon juice. Credit: Getty Images • Toss 1/2 cup whole-wheat couscous with 3/4 cup diced cooked beets. Mix in 1 teaspoon minced mint, 2 teaspoons chopped scallion, and drizzle with 1 teaspoon olive oil and 1 teaspoon lemon juice. • Make ahead! Sauté 1/2 diced yellow onion in 2 teaspoons canola oil and add in 1 cup each of chopped tomato and yellow squash. Add 1 cup red lentils, 1/2 teaspoon each tumeric and cumin, 1 teaspoon fresh ginger, and 2 teaspoon minced garlic. Simmer ingredients in 1 cup water and 1 cup light coconut milk for 20 to 25 minutes. Makes 3 to 4 servings; spoon each serving over 1/2 cup brown basmati rice. • Whisk 6 eggs seasoned with 1/3 cup grated fontina, 1/4 teaspoon salt, and pepper to taste. Sauté 1/3 cup chopped leeks and 3 small baby potatoes (already boiled) in 1 tablespoon unsalted butter for 3-4 minutes. Pour egg mixture over top and cook for 4 minutes until set. Place pan under the broiler to finish for 3 to 4 minutes. Makes 3 servings. • Toss 2 cup mixed greens with 1/2 cup steamed asparagus, 1/2 diced red bell pepper, 1/4 cup shredded carrots and 4 oz grilled shrimp. Drizzle 2 tablespoons peanut dressing over top. (For dressing: 1 1/2 tablespoons rice wine vinegar, 1 teaspoon sesame oil, 2 teaspoons all-natural peanut butter, 1/8 teaspoon Asian chili sauce, 1/8 teaspoon minced ginger). Garnish with 2 teaspoons crushed peanuts and a sprinkle of sesame seeds. Advertisement Credit: Getty Images • Poach 2 eggs in water for 3 to 4 minutes and serve with cold kale-sweet potato salad (2 cups finely chopped kale, lightly steamed for 1 to 2 minutes, tossed with 1/2 cup diced and roasted sweet potato, 2 teaspoon chopped roasted almonds, 1 tablespoon grated parmesan cheese and tossed with 2 teaspoon Dijon vinaigrette). For vinaigrette: 1/2 teaspoon Dijon mustard, 1/2 teaspoon minced shallot, 2 teaspoon white wine or Champagne vinegar, 1 1/2 tablespoons extra-virgin olive oil. Season with salt and pepper to taste. • Order 1 salmon-avocado sushi roll with brown rice. Have with 1 cup miso soup and 1 small salad with ginger dressing. Credit: Getty Images • Eating out? Choose a burrito "bowl" from Chipotle or Qdoba: 2 cups lettuce, 1/4 cup salsa/pico de gallo, 1/2 cup black or pinto beans, 1/2 cup grilled chicken, and 2 tablespoons shredded cheddar or Monterey jack cheese. Credit: Getty Images • Serve 4 oz grilled salmon filet with 3/4 cup black bean and corn salsa (1/4 cup each black beans and corn mixed with 1/4 cup diced red and green bell pepper, 1 teaspoon diced jalapeno pepper, 2 teaspoons lime juice, 1 teaspoon chopped cilantro, salt to taste). Serve with 8 spears grilled asparagus. • Rub 3 ounces flank steak with a mix of cumin, paprika, salt and red pepper flakes. Serve with 1 cup diced sweet potato sautéed with 1/2 clove garlic, 1/4 cup sliced onion and 2 teaspoons olive oil, then cooled. Pair with 1 1/2 cups steamed green beans. Advertisement Credit: Getty Images • Place a 4 oz chicken breast in small baking dish with 2 teaspoons each fresh rosemary and thyme, 1 teaspoon olive oil, 3 lemon slices, 1 tablespoon minced shallot, salt and pepper to taste. Arrange 1 1/2 cups cremini mushrooms around chicken and bake at 375° for 30 minutes until cooked through. Serve with 3/4 cup cooked polenta mixed with 1/4 teaspoon white truffle oil and 2 tablespoons Parmesan cheese. Credit: Getty Images • Drizzle 4 oz cod with 1 teaspoon extra virgin olive oil and season with salt and pepper. Roast at 450° for 10 minutes until cooked through. In a medium saucepan, sauté 1/4 cup chopped kalamata and mixed green olives, 1/4 cup thinly sliced shallot, and 1/4 cup orange segments with 2 tsp olive oil for 5 to 6 minutes. Spoon mixture over cod and serve with 2 baby potatoes, quartered and tossed with salt, pepper and 1 tsp olive oil and roasted at 450° for 20 minutes. Pair with 2 cups kale sautéed in 1 teaspoon olive oil and 1 tablespoon low-sodium chicken broth with 1/2 clove minced garlic. Credit: Getty Images • Set oven to 400° and roast 3/4 cup diced eggplant and 3/4 cup chopped tomato with 1 Tbsp extra virgin olive oil and 1 clove minced garlic, salt and pepper to taste for 20 to 25 minutes. Toss with 1 cup cooked whole wheat penne and sprinkle with 2 tablespoons ricotta salata cheese (or pecorino romano cheese). • Grab a quick all-natural frozen entrée (like Kashi, Amy's Kitchen, or Organic Bistro). Serve with 1 1/2 cups broccoli sautéed with 1/2 teaspoons minced garlic and 1 teaspoon extra-virgin olive oil. Advertisement Credit: Getty Images • Stir-fry 1/2 cup pre-cooked brown rice with 2 teaspoons peanut oil, 1 clove minced garlic, 1 teaspoon minced fresh ginger, 2 teaspoons low-sodium soy sauce, 1/2 cup diced red bell pepper, 1/2 cup green peas, and 1/2 cup diced tofu OR 2 oz peeled shrimp. Scramble 1 egg and lay over top of mixture. Garnish with 1 tablespoon diced scallions. Credit: Getty Images • 1 tsp peanut butter mixed with 1 tsp dark chocolate chips and divided, roll each ball in old-fashion oats, wheat germ, or ground flaxseed meal. • 8 oz almond milk puréed with a frozen banana and 1 tsp chocolate syrup• 1/2 cup canned pumpkin purée mixed with 1 teaspoon each agave nectar and maple syrup and sprinkled with pumpkin pie spice. Place purée in a small ramekin and top with 2 tablespoons graham cracker crumbs and bake at 375° for 15 to 20 minutes until golden brown. Credit: Getty Images • 1 peeled Bartlett pear poached in mixture of 1 cup water, 1 cup ruby port wine, 1 tablespoon sugar, and 1 teaspoon orange zest for 20 to 25 minutes or until tender. Simmer an extra 10 minutes to reduce liquid to a syrup. • 1/2 cup low-fat vanilla bean ice cream drizzled with 2 teaspoons butterscotch and topped with 1 tablespoon chopped pecans. • 1 cup apple slices topped with 2 tablespoons caramel sauce or dip. Advertisement

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