

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

Zara Basheer*

Department of Medicine, Aligarh Muslim University, India

Keywords: Calorie deficit; Weight loss

Introduction

A new year has begun, and many of us have begun to motivate ourselves to become more active and reach those body goals that have eluded us for far too long. With the start of the New Year, many people begin their exercise and healthy eating routines, but only a small fraction of them are able to achieve their fit-body goals. That's because we get discouraged when we don't see results after eating and exercising, and we give up on fitness completely by the middle of the year. In order to achieve your body goals, you must recognize that health and fitness must be turned into a lifestyle. Furthermore, signing up for a gym membership without maintaining control over your urges will not get you any closer to your objective.

This is why, in order to burn more calories than you consume, you must generate a calorie deficit in your regular meals. To lose weight quickly, there are various different techniques to create a calorie deficit 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].

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. This 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 S (2020) Weight Loss: Diet Tips to Create a Calorie Deficit and Lose Weight Quickly. *Weight Loss, NDTV Food*.
2. Fletcher J (2020) How to safely and effectively create a calorie deficit for weight loss. *Medical News Today*.
3. Muszalski C (2021) How To Calculate A Calorie Deficit In 3 Steps.
4. Pathak N (2021) Caloric Deficit: What to Know. *Nourish by WebMD*.
5. Miller K (2021) What Is A Calorie Deficit—and How Do You Calculate One For Weight Loss? *Women'sHealth*.

*Corresponding author: Zara Basheer, Department of Medicine, Aligarh Muslim University, India; E-mail: Basheer.zara@yandex mail.com

Received July 30, 2021; Accepted August 21, 2021; Published August 28, 2021

Citation: Basheer Z (2021) Weight Loss: How to Create a Calorie Deficit and Quickly Lose Weight. *J Obes Weight Loss Ther* 11: 459.

Copyright: © 2021 Basheer Z. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.