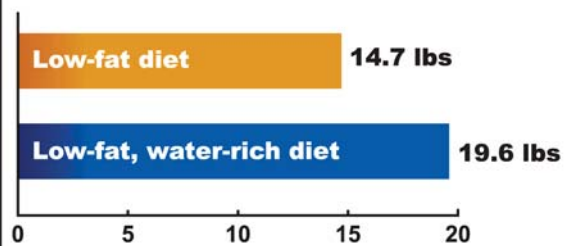


## Water Weight (Loss)

A recent study suggests a diet high in low-fat, water-rich foods, such as fruits, vegetables, lean meat and low-fat dairy products, helps people lose more weight than a low-fat diet alone:

### Average weight loss after six months



SOURCE: Eilo-Martin JA, Roe LS, Ledikwe JH, et al. Dietary energy density in the treatment of obesity: a year-long trial comparing 2 weight-loss diets. *American Journal of Clinical Nutrition*, June 2007;85(6):1465-77.