

Calorie restriction remains one of the most fundamental and

Portion control is another approach that helps manage caloric

Macronutrient Balance

Adjusting the proportions of macronutrients proteins, fats, and

Low-carbohydrate diets, including ketogenic diets, have also

Conversely, low-fat diets have traditionally been recommended for

for creating lasting dietary changes [8].

Conclusion

Nutritional interventions play a pivotal role in weight management, with various strategies demonstrating effectiveness in promoting weight loss and improving metabolic health. Calorie restriction, macronutrient manipulation, and specialized diets each offer unique benefits and challenges. As research continues to advance, future directions in personalized nutrition, behavioral integration, and a focus on whole foods will likely shape the landscape of weight management.

By staying informed about the latest evidence and emerging trends, healthcare professionals and individuals can make more informed decisions about dietary strategies for weight loss. The ultimate goal is