

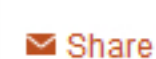


## Top 50 Spring Diet Foods for Weight Loss



### Diet Food: Quinoa

This little grain is high in both protein and fiber, which will help you stay fuller longer, says Registered Dietitian Sharon Richter. Quinoa is also a great source of protein for vegetarians and those with gluten intolerance, she adds. Substitute quinoa for rice in your favorite recipe to add more substance and staying power to your meal.



By Jessica Smith