frustrated and turn to a bag of chips or box of cookies for solace. Therefore, it's important to understand the many factors that play into weight fluctuation.

5 Proven Weight Loss Strategies
By Katherine Brooking, MS, RD

Looking to shed pounds in the New Year? Perhaps you’ve dieted and lost weight, only to regain it again. It can be frustrating, but the good news is that long-term weight loss is possible. While there’s no magic bullet, decades of research have yielded clear strategies for increasing your chances for success.

Here are 5 strategies proven to help you lose weight:

1. Keep a Food Journal
   It may sound too good to be true, but there is one simple strategy that can help you double your weight loss: write down everything you eat and drink. Studies indicate that writing down what you eat can help you lose weight and keep it off. In fact, one study showed that dieters who keep food journals lose, on average, twice as much weight as those who don’t track what they eat. With apps like LoseIt and MyFitnessPal, it’s easier than ever to keep track of meals, snacks and beverages. And if you want to go low-tech, a simple notebook will do.

2. Get on the Scale
   Afraid of stepping on the scale? You shouldn’t be. Regular weigh-ins are one of your best weapons in the battle of the bulge. According to a 2015 study published in the Journal of the Academy of Nutrition and Dietetics, researchers reported that people...