

Inadequate sleep is one of the highest risk factors for obesity, with 89% in children and 55% in adults.

21. Control your appetite

A 2014 study found that 19.9% of the 196,211 people surveyed met the criteria of a food addict.

If you always have appetite and can not control your appetite, chances are you are in the same boat.

If this is your case, seek help, as all weight loss efforts will fail if you do not resolve the problem.

22. Eat more protein

Protein is the most important nutrient to take care of when losing weight. A diet rich in protein will increase your metabolism by 80-100 calories a day, as well as help you reduce calorie intake by up to 441 units a day.

One study found that 25 percent of the calories in a protein would reduce food consumption by about 60 percent and halve the need for late-night snacks.

Increasing dietary protein intake is one of the easiest and most effective ways to lose weight.

23. Add whey protein

If you find it difficult to increase the amount of protein in your diet, add whey protein. Researchers say whey protein helps to lose weight, while helping to improve muscle strength.

24. Do not use high-calorie drinks such as soda or canned juices

Sugar is not good for your weight, and sugary beverages is worse.

High sugar drinks increase the risk of childhood obesity by 60% if consumed daily.

Canned fruit juices are no better than cans, as they also contain the same amount of sugar as can in cans.