

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 [Loselt](#) 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