

These Experts Reveal How to Lose Fat With Diet, Since Weight Loss Is 80% What You Eat

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You've probably heard that weight loss is 80 percent diet and 20 percent exercise. And while there isn't any hard-and-fast science to back up this theory, there's no denying that [diet plays the biggest role in weight loss](#). After all, losing weight is about burning more calories than you take in, and if you eat in a [healthy calorie deficit](#), you will lose weight.

We asked registered dietitians, fitness trainers, and doctors to weigh in on the best healthy eating tips to help you [lose body fat](#). While exercising will help you burn calories and strength training will help you build lean muscle to burn more calories at rest (not to mention the [cardiovascular and emotional health benefits](#)), you can make the most progress by focusing on your diet. Just follow these expert-approved tips.