



ALSO: [Diet Strategies](#) | [Weight Loss Success Stories](#) | [Workouts](#) | [Recipes](#) | [Tools & Calculators](#)

SHAPE

Top 50 Summer Diet Foods for Weight Loss

◀ 3 of 51 ▶

[Browse Slideshows](#) ▾



Diet Food: Pineapple

"This sweet tropical fruit is the perfect ingredient for summer smoothies and juices," says Beth Aldrich, a certified holistic health and nutrition counselor, and author of the book *Real Moms Love to Eat*. "It contains the proteolytic enzyme bromelain, which aids in the digestion of protein and blood clot formation. As an anti-inflammatory super food, pineapple can help reduce swelling and in turn, you'll have a flatter belly."