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Healthy Weight CDC

When it comes to weight loss, there's no lack of fad diets promising fast results. But such diets limit your nutritional intake, can be unhealthy, and tend to fail in the long run. The key to achieving and maintaining a healthy weight isn't about short-term dietary changes. It's about a lifestyle

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Many people follow diets to lose weight. Some diets are fad or crash diets that rarely lead to long term weight loss. Learn about what works.

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