

WHAT IS A HEALTHY EATING PLAN TO LOSE WEIGHT



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A healthy eating plan gives your body the nutrients it needs every day while staying within your daily calorie goal for weight loss. A healthy eating plan also will lower your risk for heart disease and other health conditions. A healthy eating plan: Calories.

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Healthy Eating for a Healthy Weight Healthy Weight CDC

According to the Dietary Guidelines for Americans 2015-2020, a healthy eating plan: Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products. Includes lean meats, poultry, fish, beans, eggs, and nuts. Is low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.

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Keep quick healthy foods on hand. When I have nutritious foods, such as eggs, milk, canned or pouched tuna or salmon, canned beans, fruits and vegetables, nuts, peanut butter, and whole grain bread on hand, I won't order take-out or go out to eat, which is much higher in calories, fat, and sodium.

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1 200 Calorie Diet Menu 7 Day Lose 20 Pounds Weight Loss

Just because your diet is healthy, doesn't mean it has to be boring (or bland). For more delicious recipes that will help you lose weight, check out this clean eating cookbook created by the

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