HEALTHY MEALS TO LOSE WEIGHT



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These healthy fats have been shown to be a natural aid to weight loss. A 2001 study, for instance, found that people eating a MUFA-rich diet lost an average of nine pounds, while their

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Healthy Eating Plan

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. To lose weight, most people need to reduce the number of calories they

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