## WHAT IS THE BEST WAY TO LOSE FAT



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Eating more protein is a great long-term strategy to reduce belly fat. So make an effort to increase your intake of high-protein foods such as whole eggs, fish, seafood, legumes, nuts, meat and dairy products. These are the best protein sources in the diet. If you struggle with getting enough protein in your diet,

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### How To Lose Body Fat Now The Most Effective Methods Explained

Losing even more is, as would be expected, even harder. The best ways to lose fat are often dependant upon the level one is at, so it is best to plan accordingly. Let us examine the most effective ways the severely overweight through to the advanced trainer can lose unsightly body fat.

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#### Here's Everything You Need To Know To Actually Lose Body Fat

The best way to do this is to keep your body's glycogen levels relatively and reasonably low so that your body turns to fat more quickly. Lofton recommends getting about 30% of your daily calories

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