

## **WHAT FOODS ARE GOOD TO HELP LOSE WEIGHT**



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In fact, a wide assortment of the right thin foods can help you lose weight. The key things to look for: Foods with high water content, high-fiber foods, and calcium. All of these will help

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Weight-gain food: chocolate. iStock/picmax13. Sorry to break the news, but chocolate goes on the list of foods that add pounds.

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