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Weight loss Weight loss basics Mayo Clinic

Your weight is a balancing act, and calories are part of that equation. Weight loss comes down to burning more calories than you take in. You can do that by reducing extra calories from food and beverages, and increasing calories burned through physical activity.

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The best portion control tips for easy and fast weight loss. The best portion control tips for fast and easy weight loss. suggests Dawn Jackson Blatner, RD, author of The Flexitarian Diet

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Weight Control MedlinePlus

To lose weight, you must use more calories than you eat. A weight-control strategy might include. Choosing low-fat, low-calorie foods; Eating smaller portions; Drinking water instead of sugary drinks; Being physically active; Eating extra calories within a well-balanced diet can help to add weight.

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