

[WHAT HELPS YOU TO LOSE WEIGHT](#)



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Just know that those findings aren't directly tied to weight loss. When it comes to being a metabolism booster, hard data is minimal. And while it is well documented that fiber helps you feel full and that a high-fiber diet can be helpful for weight loss, it's unlikely you'll get much fiber from cinnamon alone.

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What's more, they're one of the best foods to eat if you need to lose weight, as they're high in protein, healthy fats and can make you feel full with a very low amount of calories.

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But wait: The good news is there are a few things (other than water) that you can start sipping that may aid your efforts to shed some pounds. Drinking to promote better hydration, sleep and digestion can also help with weight-loss efforts. Here are five quaffs to consider.

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