

## [LOSING WEIGHT WHAT NOT TO EAT](#)



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### **DO NOT Eat These Foods When Trying to Lose Weight AVOID THEM**

36 Foods NOT to Eat When Trying to Lose Weight. All Desserts (even the Sahara) Artificial sweeteners (like Nutrasweet, Equal, Sweet N Low) Breads, pastas & baked goods made with white flour. Buttered or Flavored Popcorn. Cakes. Candy. Canned fruits w/added sugar.

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Most yogurts actually do fall under healthy foods not to eat when losing weight. The reason behind this is that most yogurts that you find in the store are full of refined sugars. This means that instead of helping you lose weight, they re keeping you from losing weight. I know, I know. This one hurts.

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### **Lose Weight 26 Most Overlooked Ways Eat This Not That**

Research suggest fish oil can also help boost weight loss and decrease blood sugar. One specific type of fish oil (hi-DHA, NuMega), when taken in tandem with exercise, has even been shown to decrease body fat.

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### **22 Best Foods for Weight Loss What to Eat to Lose Weight**

Exercise and diet go hand in hand: The way you eat not only influences your weight, but your diet affects your health, too. With the right foods, you can lose excess pounds and stubborn belly fat

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Not all food items masquerading as healthy or low-fat deliver what they claim. Click through to find out which food items you should avoid while losing weight. Despite being low in calories, soy sauce is extremely high on sodium that can leave you bloated and increase the risk of hypertension.

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