

## **FOOD TO EAT WHILE DIETING**



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Dieting is the practice of eating food in a regulated and supervised fashion to decrease, maintain, or increase body weight, or to prevent and treat diseases, such as diabetes. A restricted diet is often used by those who are overweight or obese, sometimes in combination with physical exercise, to reduce body weight. Some people follow a diet to gain weight (usually in the form of muscle).

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### **Eating Wikipedia**

Eating (also known as consuming) is the ingestion of food, typically to provide a heterotrophic organism with energy and to allow for growth. Animals and other heterotrophs must eat in order to survive carnivores eat other animals, herbivores eat plants, omnivores consume a mixture of both plant and animal matter, and detritivores eat detritus. Fungi digest organic matter outside their

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What does diet during pregnancy mean? When we refer to diet during pregnancy, we are not speaking about restricting calories or trying to lose weight. Dieting to lose weight during pregnancy can be hazardous to you and your baby, especially since a weight loss regimen may restrict important

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### **Eat STOP Eat**

If you're ready to finally lose all the weight you want then you'll love this story I used to follow the diet gurus like a lost sheep That all ended over a juicy hamburger in 2009 across from a fellow named Brad Pilon.

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