

EATING THE RIGHT FOODS TO LOSE WEIGHT



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Eating chili peppers may be useful on a weight loss diet. They contain capsaicin, a substance which has been shown to reduce appetite and increase fat burning in some studies (37 , 38 , 39).

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Yogurt, of all the foods that were tracked, was most closely linked to weight loss. That doesn't prove that yogurt caused weight loss, but it stood out among other foods. 9.

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And if you start a strength-training program when you're trying to lose weight, protein-rich foods help you to build muscle. Protein foods are also satisfying to eat. Many dieters prefer to enjoy a traditional meat and potatoes meal from time to time during the dieting process.

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