

[HOW TO CONTROL DIET FOR WEIGHT LOSS](#)



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Whether your weight-loss goals involve trying to lose 5 pounds or more than 50, the same principles determine how much weight you lose and how fast your weight loss will occur. Remembering the following simple healthy eating diet tips and putting them into practice can lead to weight reduction without the aid of any special diet plans, weight loss programs , fitness books, or medications.

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How To Lose Weight Fast and Safely WebMD

So ask your family and friends to support your efforts to lose weight. You might also want to join a weight loss group where you can talk about how it s going with people who can relate.

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Over one year, people who followed a weight-loss diet and took orlistat lost an average of 13.4 pounds, almost 8 pounds more than people who used diet alone to lose weight. It works by reducing the absorption of fat from the intestine.

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How to Lose Weight Fast 3 Simple Steps Based on Science

One study showed that drinking water a half hour before meals increased weight loss by 44% over 3 months . Choose weight loss-friendly foods (see list). Certain foods are very useful for losing fat.

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How to Lose Weight The Top 18 Simple Tips Diet Doctor

1. Choose a low-carb diet. If you want to lose weight you should start by avoiding sugar and starch (like bread, pasta and potatoes). This is an old idea: For 150 years or more there have been a huge number of weight-loss diets based on eating fewer carbs.

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"A low-carb diet may be a little bit more effective than a low-fat diet, but in the long run, both diets are not significantly different from each other in terms of weight loss," Hu told Live Science.

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