

[LOSING WEIGHT DIET](#)



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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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Diet & Weight Management Overview. Healthy eating is one of the best things you can do to prevent and control health problems such as heart disease, high blood pressure, type 2 diabetes, and some

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Choose weight loss-friendly foods (see list). Certain foods are very useful for losing fat. Here is a list of the 20 most weight loss-friendly foods on earth. Eat soluble fiber.

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Losing Weight Healthy Weight CDC

But evidence shows that people who lose weight gradually and steadily (about 1 to 2 pounds per week) are more successful at keeping weight off. Healthy weight loss isn't just about a diet or program .

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How to Lose Weight and Keep It Off HelpGuide org

Pick up any diet book and it will claim to hold all the answers to successfully losing all the weight you want and keeping it off. Some claim the key is to eat less and exercise more, others that low fat is the only way to go, while others prescribe cutting out carbs.

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