

## **HEALTHY FATS FOR WEIGHT LOSS**



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7 Healthy Fats To Eat For Weight Loss. At the top of the list are chia seeds, hemp seeds, pumpkin seeds, flax seeds, sunflower seeds and sesame seeds. Chia seeds, for example, are great for weight loss as they are full of fiber, omega-3 fats, magnesium, potassium and iron. They re also fairly low in fat, with only 5 grams per 2 tablespoons. <http://ebookslibrary.club/download/7-Healthy-Fats-To-Eat-For-Weight-Loss-Get-Healthy-U.pdf>

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