

WHAT FOODS CAN HELP LOSE WEIGHT



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Losing weight is a matter of simple math. To drop pounds, you need to eat fewer calories than you burn.

WebMD recommends nine foods that can help.

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In addition to being a great source of lean protein, which can help you maintain your muscle mass when trying to lose weight, salmon is also packed with healthy omega-3 fatty acids, which your body can't produce. One three-ounce fillet of salmon has 155 calories, 22 grams of protein, seven grams of fat, and zero carbs.

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Fruit is full of vitamins, minerals, and fiber, and can help aid in weight loss by helping you feel fuller with less calories and increase your water intake. Though some fruits are more expensive than others, apples are a budget-friendly option at about \$.50 per apple, when purchased in a three pound bag.

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WHAT TO EAT TO LOSE WEIGHT 20 FOODS THAT HELP YOU LOSE WEIGHT

Wild salmon is one of the popular foods that help you lose weight. Not only is it good for your heart, but the omega-3 fatty acids, contained in salmon, also help to prevent those insulin spikes and help promote muscle growth and, the greater muscle mass you have, the more calories and energy you will burn.

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Foods that Help You Lose Weight Reader's Digest

Weight-gain food: frozen meals iStock/bravissimos They're known for being loaded with sodium, and a high-salt diet can seriously up your risk of weight gain, reports a study in Hypertension.

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But eating fruit can help you lose weight, especially when you swap in fresh fruit for processed foods or other unhealthy snacks. You'll get a naturally sweet treat, plus reap the benefits of fiber and antioxidants.

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