

## **FOODS TO AVOID TO LOSE WEIGHT**



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### **11 Foods to Avoid When Trying to Lose Weight Healthline**

Some foods, like full-fat yogurt, coconut oil and eggs, help with weight loss (1, 2, 3). Other foods, especially processed and refined products, can make you gain weight. Here are 11 foods to avoid when you're trying to lose weight. Whole potatoes are healthy and filling, but french fries and potato chips are not.

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### **8 Foods You Should Never Eat if You re Trying to Lose Weight**

But some foods really do deserve the ax especially if you are trying to lose weight. In which case, avoid these foods (when you can!) to fend off cravings and hunger, and support your efforts

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### **15 foods to avoid while trying to lose weight MSN**

9) Tropical fruits. Fruits make for great snacks when on a diet but there are some that you may want to avoid if your goal is to lose weight. Go easy on fruits such as mangoes and ripe pineapples as they are especially high in natural sugars.

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### **Foods You Must AVOID When Trying to Lose Weight Are**

All Desserts (even the Sahara) Artificial sweeteners (like Nutrasweet, Equal, Sweet N Low) Breads, pastas & baked goods made with white flour. Buttered or Flavored Popcorn. Cakes. Candy. Canned fruits w/added sugar. Coffee w/added cream & sugar (How to lose weight with coffee)

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### **13 Healthy Foods to Avoid For Weight Loss ActiveBeat**

It can be challenging navigating health foods, so here is our list of the 13 healthy foods to avoid for weight loss.

1. Whole Wheat Pasta. Substituting your normal white pasta for brown pasta is a great step towards a healthy diet. Unfortunately it can also be a hinderance to weight loss.

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### **3 Foods to Avoid to Lose Weight Verywell Fit**

Foods to Avoid to Lose Weight. But there are certain foods that most people think of as healthy, that can put a substantial dent in your energy balance. Sadly, these are foods that don't contribute essential micronutrients (vitamins and minerals) or important macronutrients (healthy fats, heart-friendly carbohydrates, lean protein).

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### **Diet Mistakes 6 Reasons You're Not Losing Weight WebMD**

Diet Mistake No. 3: Too Many Liquid Calories. Liquid calories from alcohol, smoothies, coffee with cream and sugar, sweetened juices, teas, and sodas can really contribute to weight gain. One recent study found that Americans get approximately 21% of their calories from beverages.

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