

## [WHAT FOOD TO EAT FOR WEIGHT LOSS](#)



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It s easy to find healthy foods to include on a weight loss diet. These are mainly whole foods like fish, lean meat, vegetables, fruit, nuts, seeds and legumes.

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Yogurt, of all the foods that were tracked, was most closely linked to weight loss. That doesn't prove that yogurt caused weight loss, but it stood out among other foods. 9.

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