

## **WHAT FRUITS CAN HELP YOU LOSE WEIGHT**



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Fruits can be also used as a substitute for high glycemic index foods in our diet and thus can help in weight loss. You should aim for eating five serving of fruits every day and opt for different colours, explains Dr. Gargi Sharma, Weight Loss Consultant, New Delhi.

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I guess any type of fruit intake can be of great help to lose weight rather than eating the junk or the fast foods. Ashok Nimmagadda Jul 18, 2013 - 14:34 # This article simply reiterates the benefits of eating fruits for health esp weight loss in a country where many consider meat as the major portion of a meal.

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