

## **BEST FOODS FOR DIETING**



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### **The best and worst diet plans for 2018 CBS News**

The best (and worst) diet plans for 2018. By Dennis Thompson Weight Watchers scored high in the U.S. News rankings, coming in first as the best commercial diet and the best weight-loss diet.

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### **Best Diets for 2018 Mediterranean and DASH Diets Time**

U.S. News and World Report ranked the best diets in 2018 for weight loss and better health, including the Mediterranean and DASH diet.

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