

## **WHAT ARE GOOD FOODS TO EAT WHILE ON A DIET**



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Eating foods with the one-two punch of fiber and protein can help you feel fuller longer which makes it less tempting to reach for an unhealthy snack between meals. Rich in vitamin E and a good source of heart-healthy mono- and polyunsaturated fats, almonds are a great choice to sprinkle over a salad or side dish.

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### **Healthy Diet Foods List good weight loss food choices**

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