

## **IF YOUR TRYING TO LOSE WEIGHT WHAT SHOULD YOU EAT**



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### **Exactly When You Should Eat Each Meal If You're Trying To**

So when should you eat each meal and snack if you're trying to lose weight? We combed through the research to give you a meal-by-meal rundown of how to pencil in your eats. Here's your plan of attack.

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### **10 Rules To Live By If You're Trying To Lose Weight**

It's easy to lose weight (and maintain a healthy weight!) with a few consistent habits. Here they are. 1. Keep a food journal. This is a tedious task (I know!) but it will give you clues to which foods you should keep eating and which ones might not be suited for your body.

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

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### **How Many Carbs Should You Eat Per Day to Lose Weight**

So if you eat a 2000-calorie diet, you should aim for about 225 to 325 grams of carbs per day. But if you need to lose weight, you will get much faster results eating around 50 to 150 grams of carbs.

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### **Is It Better to Eat Before or After a Workout to Lose Weight**

But when you're making changes to your diet to get to your ideal weight, you may wonder about the best time to eat. Turns out, you need to eat both before and after your workout to get the most benefits.

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### **Top 10 Foods You Should Eat If You Are Trying To Lose Your**

But if you think this small diet is too boring, below are 10 of the best foods that can help you lose weight. 1. Sauerkraut: Like the other fermented vegetables, pickled cabbage, contains a huge amount of prebiotics and probiotics. These help in keeping your gut healthy.

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### **How Hungry Should You Be When Trying To Lose Weight SELF**

Experts generally recommend eating every few hours whether you re trying to lose weight or not. That means you'll usually feel some level of hunger routinely throughout the day.

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### **How Often You Should Exercise When You re Trying to Lose**

Track your daily food intake to get a sense of how many calories you re eating and how many you should be eating for weight loss (try the MyFitnessPal Calorie Counter). Just remember that as you lose weight, your daily calorie needs change. Turoff recommends adjusting your daily calorie estimate every time you lose 10 15 pounds.

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

There's often a disconnect between what we know we should do to lose weight, and what we actually do while trying to diet. For starters, stop thinking about dieting.

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### **How Much Protein Should I Eat to Lose Weight Verywell Fit**

Eating too much of any nutrient isn't a good thing, especially when you're trying to lose weight. Some scientists believe that when dieters consume more foods with protein, they see greater weight loss results.

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