

## [WHAT I HAVE TO EAT TO LOSE WEIGHT](#)



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One easy way to lose weight quickly is to cut out liquid calories, such as soda, juice, and alcohol. Replace them with zero-calorie drinks like lemon water, unsweetened tea, or black coffee.

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What to eat to lose weight? 20 Foods that help you lose weight. Current thinking suggests that losing weight is not all about cutting back on everything; it s about eating more of the right foods and less of the wrong. You don t need to go through the day with that empty feeling in your stomach and suffering those embarrassing tummy growls.

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### **9 Foods to Help You Lose Weight WebMD**

9 Foods to Help You Lose Weight. By Shelley Levitt. You have to eat fewer calories than you burn. "Certain foods can help you shed body weight," says Heather Mangieri, RD,

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