HEALTHY FOOD TO EAT WHEN TRYING TO LOSE WEIGHT

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A List of Foods to Eat to Lose Weight Livestrong com
When trying to lose weight, limit your intake of unhealthy, high-calorie foods, such as sweets, refined grains and fatty meats. Base Meals on Greens Use raw greens, such as Romaine lettuce, fresh spinach, arugula and mixed baby greens as foundations for salads.
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