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Look into getting a diet confidante, who you can chat with once a week about your eating highs and oh-no's. And stick to using that scale so you can be proactive if a few extra pounds creep back on.

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The 25 Best Diet Tips to Lose Weight and Improve Health

Although eating meals at restaurants is enjoyable and can fit into a healthy diet plan, focusing on cooking more meals at home is a great way to keep your weight in check.

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Best Diet Tips Ever 22 Ways to Stay on Track in Pictures

Slideshow: Best Diet Tips Ever -- 22 Ways to Stay on Track. 1 / 22. Before you tear into that bag of potato chips, drink a glass of water first. People sometimes confuse thirst with hunger, so you can end up eating extra calories when an ice-cold glass of water is really all you needed.

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Women's Health Tips Diet Exercise and Stress Relief

Women's Health Tips for Heart, Mind, and Body. By Kara Mayer Robinson. From the WebMD Archives.

"Eating a healthy diet will go a long way," Meng says. Start by cutting sugar, which she says is

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Healthy Eating HelpGuide org

Moderation: important to any healthy diet. At home, visual cues can help with portion sizes. Your serving of meat, fish, or chicken should be the size of a deck of cards and half a cup of mashed potato, rice, or pasta is about the size of a traditional light bulb. By serving your meals on smaller plates or in bowls,

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25 Zero-Effort Diet Tips For Your Healthiest Day Ever Even When You're Insanely Busy. With these healthy eating tips, snacks at work won't ruin your weight loss goals! 7. Take an apple to work.

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