

## **HOW TO EAT HEALTHILY AND LOSE WEIGHT**



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So ask your family and friends to support your efforts to lose weight. You might also want to join a weight loss group where you can talk about how it s going with people who can relate.

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How to Lose Weight and Keep It Off Avoid distractions while eating. Try not to eat while working, watching TV, or driving. Pay attention. Eat slowly, savoring the smells and textures of your food. Find a cheering section. Social support means a lot. Get plenty of sleep. Lack of sleep stimulates

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How to Eat and Lose Weight - Eating the Right Food Eat more fresh food. Eat foods high in fiber. Skip the juices, eat the fruit. Eat foods that contain a lot of water, like fruits and vegetables. Include foods that improve your metabolism. Add good fats to your diet. Eat superfoods. Avoid

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### **How to Lose Weight by Eating The Clean Eating Diet Plan**

At Lose Weight By Eating we preach clean eating, and believe the best way to lose weight is by eating a healthy diet full of fat burning foods. Losing weight starts in the kitchen, and what you eat is far more important than how you exercise because weight loss is 70% what you eat and 30% exercise.

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### **Healthy Eating for a Healthy Weight Healthy Weight CDC**

Eat Healthfully and Enjoy It! A healthy eating plan that helps you manage your weight includes a variety of foods you may not have considered. If healthy eating makes you think about the foods you can t have, try refocusing on all the new foods you can eat Fresh, Frozen, or Canned Fruits don t think just apples or bananas. All fresh, frozen, or canned fruits are great choices.

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