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Diet nutrition Wikipedia

A particular diet may be chosen to seek weight loss or weight gain. Changing a subject's dietary intake, or "going on a diet", can change the energy balance and increase or decrease the amount of fat stored by the body.

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Healthy Weight Forum Maintaining a Healthy Weight

This is a forum open to anyone who is interested in talking with other people about reaching and maintaining a healthy weight, nutrition and a healthy lifestyle.

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Diet Plans for Weight Loss. Which weight loss diet is best? Not all popular plans give safe, long-term results. Knowing what a sustainable plan is can help you choose a good one.

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Ultimate Guide for Healthy Weight Loss: Additional Resources. For 40 years, the physicians, registered dietitians, psychologists, and exercise experts at the Pritikin Longevity Center have been helping people worldwide turn their convictions to lose weight and live healthier into action.

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Weight Loss Meals Delievered Seattle Sutton's Healthy Eating

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