

## **FOOD TO AVOID WHILE LOSING WEIGHT**



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Certainly, you can't eat perfect all the time but the better you eat overall, the more progress you'll make toward your goal of losing weight and getting in shape. Limit foods like these in your diet and you'll fit into those skinny jeans faster than you thought possible.

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### **13 Healthy Foods to Avoid For Weight Loss ActiveBeat**

It can be challenging navigating health foods, so here is our list of the 13 healthy foods to avoid for weight loss.

1. Whole Wheat Pasta. Substituting your normal white pasta for brown pasta is a great step towards a healthy diet. Unfortunately it can also be a hindrance to weight loss.

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