

## [WHAT FOOD I SHOULD EAT TO LOSE WEIGHT](#)



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Yogurt, of all the foods that were tracked, was most closely linked to weight loss. That doesn't prove that yogurt caused weight loss, but it stood out among other foods. 9.

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It's easy to find healthy foods to include on a weight loss diet. These are mainly whole foods like fish, lean meat, vegetables, fruit, nuts, seeds and legumes.

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When you eat crackers, dry cereal, bread, or rice cakes alone, your body converts the carbs to simple sugars and sends it directly into your blood stream. In response to the sugar rush, your body

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Stop eating potato chips, artificially flavored popcorn, cookies, candy, ice cream, cakes, etc. because the ingredients in these foods may make you want to eat more calories than you need 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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### **WHAT TO EAT TO LOSE WEIGHT 20 FOODS THAT HELP YOU LOSE WEIGHT**

2. Wild salmon. Wild salmon is one of the popular foods that help you lose weight. Not only is it good for your heart, but the omega-3 fatty acids, contained in salmon, also help to prevent those insulin spikes and help promote muscle growth and, the greater muscle mass you have, the more calories and energy you will burn.

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### **What Men Should Eat to Lose Weight The Daily Meal**

For men as well as women, weight loss is all about habit, according to Gans, and one of the most overlooked habits is portion control. Portion control is essential to an effective weight-loss regimen for men. Men tend to overestimate how much they need to eat, which leads to excess caloric intake and then to excess fat.

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