

## [VEGETABLES TO EAT FOR WEIGHT LOSS](#)



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Use vegetables for weight loss they're low in kJ/Cal, and contain vitamins, minerals, and fibre. You chew lots which is also good for weight loss which I suspect is a big factor in the success of the raw food diet, often touted for losing weight.

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Cucumber is rich in water, low in calories which makes it a healthy vegetable for weight loss. Bell peppers also aid in weight loss. Yellow, red and green bell peppers or capsicum metabolises calories and helps burn fat deposits in the body. Even green vegetables like green beans, spinach and broccoli help shed pounds.

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### **The Best 29 Healthy Green Vegetables that Actually Speed**

Chinese cabbage is one of the mildest vegetables in this category, and since it is jam-packed with potassium and omega-3, it is also one of the best choices for weight loss if you blend it with other mild and sweet green vegetables.

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