

## **HOW TO EAT HEALTHY FOOD TO LOSE WEIGHT FAST**



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No matter how you kick-start your weight loss, the best way to keep it off is with long-lasting lifestyle changes, like a healthy eating plan and physical activity. If you're not sure where to

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"When going out for fast food, I used to get the large-size value meal. Now, I satisfy a craving by ordering just one item: a small order of fries or a six-piece box of chicken nuggets.

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