

WHAT NOT TO EAT WHEN TRYING TO LOSE WEIGHT



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Some foods, like full-fat yogurt, coconut oil and eggs, help with weight loss (1, 2, 3). Other foods, especially processed and refined products, can make you gain weight. Here are 11 foods to avoid when you're trying to lose weight. Whole potatoes are healthy and filling, but french fries and potato chips are not.

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DO NOT Eat These Foods When Trying to Lose Weight AVOID THEM

36 Foods NOT to Eat When Trying to Lose Weight. All Desserts (even the Sahara) Artificial sweeteners (like Nutrasweet, Equal, Sweet N Low) Breads, pastas & baked goods made with white flour. Buttered or Flavored Popcorn. Cakes. Candy. Canned fruits w/added sugar.

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And if you start a strength-training program when you're trying to lose weight, protein-rich foods help you to build muscle. Protein foods are also satisfying to eat. Many dieters prefer to enjoy a traditional meat and potatoes meal from time to time during the dieting process.

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But if you're trying to lose weight, don't fall into the trap of sipping them throughout the day. To quench your thirst, stick to water (perhaps dressed up with a bit of juice or citrus) and other no-calorie or very low-calorie beverages, experts say.

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If you want to lose weight and still eat the foods you enjoy, make sure you re eating lots of fresh food that s high in fiber, like fruits, vegetables, and beans. Instead of unhealthy high-calorie foods, add good fats to your diet from avocados, nuts, and olive oil, which will keep you feeling full.

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Foods To Never Eat If You're Trying To Lose Weight

9 Foods to Never, Ever Eat If You re Trying to Lose Weight. Kaitlyn Chamberlin May 22. istock/bhofack2.

According to the United States Department of Agriculture, a half-cup of granola has anywhere between 200 and 300 calories, 12 to 16 grams of sugar, 3 to 15 grams of fat (depending on low-fat options), and nearly 40 grams of carbs.

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10 Rules To Live By If You're Trying To Lose Weight

It's easy to lose weight (and maintain a healthy weight!) with a few consistent habits. Here they are. 1. Keep a food journal. This is a tedious task (I know!) but it will give you clues to which foods you should keep eating and which ones might not be suited for your body.

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15 foods to avoid while trying to lose weight MSN

Not all food items masquerading as healthy or low-fat deliver what they claim. Click through to find out which food items you should avoid while losing weight. Despite being low in calories, soy sauce is extremely high on

sodium that can leave you bloated and increase the risk of hypertension.

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Top 5 Foods Not to Eat to Lose Weight Livestrong com

Don't Eat Fried Foods When Trying to Lose. It's not just french fries you want to avoid when you're trying to lose weight, but all fried foods. Fried fish, chicken, any of the state-fair concoctions like fried pickles and your favorite sandwich cookie can also contribute to weight gain.

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