A GOOD DIET TO FOLLOW TO LOSE WEIGHT



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When your diet is full of greens, yellows, and oranges, you know you're getting plenty of fiber and other nutrients, and not a lot of simple carbohydrates and bad fats that translates to fewer calories and weight lost. Five servings of veggies a day keeps your body running on premium fuel, keeping it full on lower-calorie foods, and may even help prevent disease.

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