

[A HEALTHY WAY TO LOSE WEIGHT](#)



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To lose weight the healthy way, eat a balanced diet consisting of foods like vegetables, fruits, whole grains, and low fat dairy. Additionally, avoid sugary, processed foods such as cakes, soda, and sports drinks, which are high in calories with no nutritional value.

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There is a better way: Swap the all-or-nothing approach for one or two healthy switch-ups in your daily routine. "Doing this can lead to more weight loss than you ever imagined," says Marissa Lippert, RD, author of The Cheater's Diet. In fact, we talked to readers who knocked off 10, 25, even 60 pounds with some easy tweaks.

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17 Healthy Ways to Lose Weight Fast cosmopolitan com

Sustainable weight loss doesn't happen overnight (and if it does, it's probably self-destructive). But if you're anxious to lose weight for a legit reason, follow these painless tips to improve your diet, streamline your workouts, and shed weight *the healthy way*. 1. Pregame for meals with water.

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Lose Weight the Healthy Way WebMD

Healthy oils, in moderate amounts. Cutting out junk food, sugary sodas, and sweet, undiluted fruit drinks from your diet is an easy way to lose weight over time. For example, cutting out 10 potato chips a day saves 100 calories. Over a year, giving up those chips would translate into 10 pounds of extra fat lost.

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