

[BEST DIET FOODS](#)



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It s easy to find healthy foods to include on a weight loss diet. These are mainly whole foods like fish, lean meat, vegetables, fruit, nuts, seeds and legumes.

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17 Best Foods for Dieters WebMD

17 Best Foods for Dieters. Diet foods that taste great and can help you lose weight.

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Top Ten Best Diet Foods Healthfully

Dairy foods provide beneficial protein, but they also contain vitamin B-12. Food is metabolized, meaning broken down, with the help of B vitamins. B-12 in particular, helps metabolize protein in the food you eat, explains the Office of Dietary Supplements. You need 2.4 mcg of B-12 each day. A 1 cup serving of plain yogurt has 1.4 mcg and 8 oz. of milk provides .9 mcg. Select low-fat or fat-free versions to avoid consuming too many calories while dieting.

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The best and worst diet plans for 2018 CBS News

The two diets that tied for the top spot -- the Mediterranean Diet and the DASH Diet-- fit that bill because they feature real food and reasonable, flexible guidelines, experts said.

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