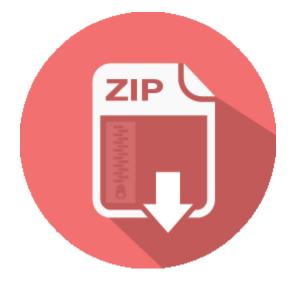
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There are many delicious foods and beverages to choose from when following a lacto-vegetarian diet for weight loss. What to Eat. Try incorporating the following ingredients into your daily meal plan:

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One study found that swapping healthy unsaturated ones like those found in nuts for saturated fats helped overweight people lose weight without reducing calorie intake or upping their exercise.

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