

## [BEST NUTRITION DIET TO LOSE WEIGHT](#)



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### **Want to Lose Weight 10 of the Best Diets Out There**

U.S. News ranks it second among the best overall diets and can help anyone looking to lose weight, or focus on improving their heart and brain health. It's also popular among those looking to

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### **9 Foods to Help You Lose Weight WebMD**

Joy Dubost, PhD, RD, CSSD, spokeswoman, Academy of Nutrition and Dietetics. Flood, J. Appetite, November 2007. Sorenson, L. Nutrition and Diabetes, published online Dec. 5, 2011. Blatt, A.

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