

## [CALORIES FOR HEALTHY WEIGHT LOSS](#)



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The benefits of salads can be attributed to its content of fibrous carbohydrates that are present in the leafy greens, vegetables, beans, legumes and grains.

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If your actual body weight falls within 10% (above or below) the weight calculated, you are within a healthy weight range! Note: Please be advised that this calculator is not intended for those under the age of 18, under 5 ft. tall and 7 ft. tall and over.

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