

## [DIET FOOD PROGRAMS TO LOSE WEIGHT](#)



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### **The 10 Best Diet Programs for Every Goal Shape Magazine**

These are guaranteed to help you lose weight and live a The 10 Best Diet Programs for Every (Here's the basic list of DASH diet-approved foods.)

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The truth is, meat is a weight-loss-friendly food because it's high in protein. Protein is by far the most filling nutrient, and eating a high-protein diet can make you burn up to 80 100 more calories per day (16, 17, 18).

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Diet & Weight Management Overview. Healthy eating is one of the best things you can do to prevent and control health problems such as heart disease, high blood pressure, type 2 diabetes, and some types of cancer.  
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