

## [DIET TIPS FOR WEIGHT LOSS](#)



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23 Science-Backed Ways to Lose Weight and Keep the Pounds Off. These healthy eating strategies and diet tips from the pros will help you reach your goals.

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### **Experts' Best Diet Tips for Weight Loss WebMD**

Expert Diet Tip No. 9: Have Realistic Expectations. One pound of fat is equivalent to 3,500 calories, so you need to be realistic about how long it takes to lose fat, experts say. The best approach is a combination of consuming fewer calories while getting more exercise, Hill says.

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If your regular weight increases several days in a row, it's a red flag letting you know you need to cut back a little or beef up your workouts slightly. 4. SCULPT THREE TIMES A WEEK. Doing 5 minutes each of push-

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