DIET TIPS LOSE WEIGHT



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Here are their top tips on how to lose weight without sweating it too much. 1. Add, Don't Subtract. Forget diet denial: Try adding foods to your diet instead of subtracting them.

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Being active is key to losing weight and keeping it off. As well as providing numerous health benefits, exercise can help burn off the excess calories you can't cut through diet alone. Find an activity you enjoy and are able to fit into your routine. 5. Drink plenty of water. People sometimes confuse thirst with hunger. You can end up consuming extra calories when a glass of water is really what you need.

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1. Choose a low-carb diet. If you want to lose weight you should start by avoiding sugar and starch (like bread, pasta and potatoes). This is an old idea: For 150 years or more there have been a huge number of weight-loss diets based on eating fewer carbs.

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Here are 10 more tips to lose weight even faster: Eat a high-protein breakfast. Eating a high-protein breakfast has been shown to reduce cravings and calorie intake throughout the day (16, 17).

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