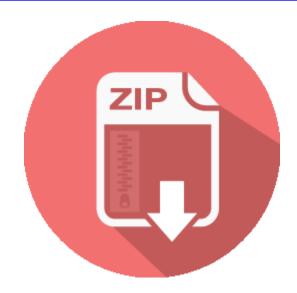
DIETS FOR LOSING WEIGHT



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The ketogenic diet puts your body into a state of ketosis, which ultimately allows you to use fat for energy. Fat burning is just one of the many benefits of ketosis that improves overall health and makes it an effective tool for weight loss.

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Indian cuisine is known for its vibrant spices, fresh herbs and wide variety of rich flavors. Though diets and preferences vary throughout India, most people follow a primarily plant-based diet.

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If you re seeking the best ways to lose weight, eating these metabolism-boosting superfoods should do the trick and help you hit your ideal weight.

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The Best Breakfast Foods for Weight Loss EatingWell

Eating breakfast is a healthy habit, especially if you're watching your weight. Research shows that regular breakfast eaters tend to be leaner and people are more successful at losing weight and keeping it off when they eat breakfast.

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Start the NHS weight loss plan NHS

The plan is designed to help you lose weight at a safe rate of 0.5kg to 1kg (1lb to 2lb) each week by sticking to a daily calorie allowance. For most men, this means sticking to a calorie limit of no more than 1,900kcal a day, and 1,400kcal for most women. If you find it hard sticking to the

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If you are overweight or have obesity, losing weight can improve your health. It might also help you prevent weight-related diseases, such as heart disease, diabetes, arthritis and some cancers.

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