

## [FOOD TO AVOID TO LOSE WEIGHT](#)



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The foods you eat can have a major effect on your weight. Some foods, like full-fat yogurt, coconut oil and eggs, help with weight loss (1, 2, 3).

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Foods to Avoid to Lose Weight Of course, you should evaluate your entire eating plan when you start weight loss program. If you overeat any food, you may want to get rid of it in order to achieve nutritional balance.

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I know it s delicious, but when it comes to weight loss ice cream is a big NO. It is full of sugar and it is a real calorie bomb. Industrial ice creams are loaded with calories, sugars, fats, and additives, too. Ice cream is a food you should never eat if you want a flat stomach.

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But some foods really do deserve the ax especially if you are trying to lose weight. In which case, avoid these foods (when you can!) to fend off cravings and hunger, and support your efforts

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The first step in the battle to eat better and lose weight is to understand the fight. Following is a list of the foods you ought to avoid in order to slim your waistline and be healthier overall.

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5 foods to avoid to lose weight. We work really hard to lose weight. And sometimes we do all this work trying to lose a little but don t seem to get anywhere!

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### **DO NOT Eat These Foods When Trying to Lose Weight AVOID THEM**

Please note: Although you can lose weight eating the unhealthy foods listed on this page You are more likely to develop unwarranted health issues like diabetes, yellow teeth, bad skin, looking older & etc.

<http://ebookslibrary.club/DO-NOT-Eat-These-Foods-When-Trying-to-Lose-Weight---AVOID-THEM.pdf>

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