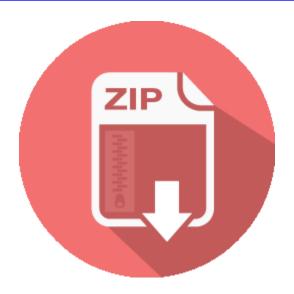
FOOD TO EAT FOR LOSING WEIGHT



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Of course, correlation does not equal causation, so these studies don't prove anything. However, fruits do have properties that make them weight-loss-friendly. Even though they contain natural sugar, they have a low energy density and take a while to chew.

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9 Foods to Help You Lose Weight WebMD

No doubt: Weight loss comes down to simple math. You have to eat fewer calories than you burn. "Certain foods can help you shed body weight," says Heather Mangieri, RD, a spokeswoman for the Academy of Nutrition and Dietetics, "because they help you feel full longer and help curb cravings." Some even kick up your metabolism. http://ebookslibrary.club/9-Foods-to-Help-You-Lose-Weight-WebMD.pdf

8 Best Foods to Eat for Weight Loss EatingWell

It's the protein, and the time of day we tend to eat them, that especially makes them a powerhouse for weight loss. Eating a high-protein breakfast promotes weight loss, because protein increases satiety while regulating hunger and appetite hormones, helping fend off your hunger until lunchtime.

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Spinach. The American Council on Exercise refers to spinach as the "epitome" of health food, and it is ideal to support for your weight-loss goals because

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