

## [FOOD TO EAT THAT HELPS YOU LOSE WEIGHT](#)



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Load your shopping cart with lots of lean protein, fresh veggies, fruit, and whole grains, says food scientist Joy Dubost, PhD, RD. The most important thing, when it comes to lasting weight loss, is the big picture of what you eat, not specific foods.

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Another popular food that helps you lose weight is chili. Adding spice to your food can burn off the calories quickly. Chiles and similar hot spices, contain capsaicin, which is the chemical that creates the heat and that heat that you feel is caused by a process called thermogenesis, which burns calories for you, as well as providing the heat.

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### **Foods to Help You Lose Weight WebMD**

But fear not, you are not destined to a steady diet of carrot sticks and bird food. In fact, a wide assortment of the right thin foods can help you lose weight. The key things to look for: Foods with high water content, high-fiber foods, and calcium. All of these will help you feel full longer and thus eat fewer calories in the long run.

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