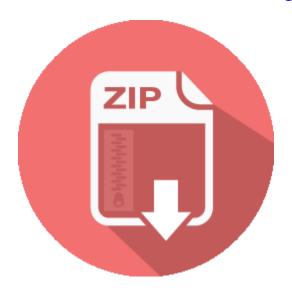
FOODS HELP YOU LOSE WEIGHT QUICKLY



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Even though these foods help promote weight loss, you still need to pay attention to portion size and consider how they fit in with your daily calorie goals. Fast weight loss should occur over the course of several months, rather than days. If you drop pounds too quickly, you will most likely not keep it off. Seek to lose about one or two pounds a week to make sure you lose fat without feeling deprived.

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