

## [FOODS TO EAT TO LOSE WEIGHT FOR WOMEN](#)



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A serving ranging between 1/3 to 1 cup of whole grains per meal is appropriate for women to lose weight. Low-Fat Dairy Products Low-fat milk, plain yogurt and cheese should also be an important component in the diet of women following a weight loss diet plan.

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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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2. Wild salmon. Wild salmon is one of the popular foods that help you lose weight. Not only is it good for your heart, but the omega-3 fatty acids, contained in salmon, also help to prevent those insulin spikes and help promote muscle growth and, the greater muscle mass you have, the more calories and energy you will burn.

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