

[FOODS TO NOT EAT WHILE LOSING WEIGHT](#)



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Foods You Must AVOID When Trying to Lose Weight Are Stop drinking regular & diet sodas. Quick fact: You'd lose 35 pounds in one year if you replaced a 20oz bottle of soda with water daily.

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Not all food items masquerading as healthy or low-fat deliver what they claim. Click through to find out which food items you should avoid while losing weight.

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List of Foods Not to Eat When Losing Weight Healthfully

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5 Healthy Foods Not to Eat When Losing Weight

Not only that, but you ll love how much healthier, lighter, and leaner you feel after removing many of these unhealthy health foods not to eat when losing weight. Now that you know all of these health food secrets, it s up to you to optimize your health through healthy eating!

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