

[FOODS YOU SHOULD EAT WHEN TRYING TO LOSE WEIGHT](#)



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8 Foods You Should Never Eat if You re Trying to Lose Weight

Lots of experts say it's stupid to forbid yourself from eating certain foods that denying yourself something you really want to eat can ultimately lead to binge eating and eventual weight gain. So dessert isn't on this list it's OK to indulge sometimes! But some foods really do deserve the ax especially if you are trying to lose weight.

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Foods to Eat When Trying to Lose Weight List

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11 Foods to Avoid When Trying to Lose Weight Healthline

If you like coffee, it's best to stick to plain, black coffee when trying to lose weight. Adding a little cream or milk is fine too. Just avoid adding sugar, high-calorie creamers and other unhealthy ingredients. Bottom Line: Plain, black coffee can be very healthy and help you burn fat.

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36 Foods NOT to Eat When You're Trying to Lose Weight

36 Foods NOT to Eat When Trying to Lose Weight. I am not trying to be mean, but maybe you should just have a good read-through and make some changes.

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Top 5 Foods Not to Eat to Lose Weight Livestrong com

When you're trying to lose weight, you want to know specifics. What can I eat? What can't I eat? While, technically, all foods fit into any well-rounded

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