

[FOODS YOU SHOULD NOT EAT TO LOSE WEIGHT](#)



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The worst foods for weight loss are highly processed junk foods. These foods are typically loaded with added sugar, refined wheat and/or added fats. If you're not sure if a food is healthy or unhealthy, read the label.

However, watch out for the different names for sugar and misleading health claims. Also, remember to consider the serving sizes.

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The next type of foods you should not eat to lose weight is anything SUGARY. That is another horrible thing for our weight. Why is it wrong for our weight you may wonder? It is what they call Empty calories. That will mean that when you eat foods with a lot of sugar, or, even when you add sugar.

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Top 5 Foods Not to Eat to Lose Weight Livestrong.com

It's not just french fries you want to avoid when you're trying to lose weight, but all fried foods. Fried fish, chicken, any of the state-fair concoctions like fried pickles and your favorite sandwich cookie can also contribute to weight gain.

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Losing weight is not easy, but growing awareness of the health impacts of excess body weight is leading more people to make the effort to lose the extra

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10 Foods That Help You Lose Weight Fitness Magazine

Home / Weight Loss / Eating to Lose Weight. 10 Skinny Foods You Should Have on Hand. Baked pita chips aren't the worst thing you can eat,

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