

## [GOOD MEALS TO EAT TO LOSE WEIGHT](#)



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Yogurt, of all the foods that were tracked, was most closely linked to weight loss. That doesn't prove that yogurt caused weight loss, but it stood out among other foods. 9.

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Eating breakfast is a healthy habit, especially if you're watching your weight. Research shows that regular breakfast eaters tend to be leaner and people are more successful at losing weight and keeping it off when they eat breakfast.

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