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Lose weight the healthy way. U.S. News evaluated some of the most popular diets for safe and effective weight loss for short- and long-term goals.

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Ways to Lose Weight 42 Fast Easy Tips Reader's Digest

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5 Safe and Effective Ways to Lose Weight Fast wikiHow

Unless you have a medical reason for avoiding a particular type of food, a balanced and varied diet is essential for adequate nutrition and healthy, steady weight loss. Diet pills and restrictive diet plans can cause nutrient deficits, organ damage, high cholesterol, and many other dangerous health problems.

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