

[HEALTHY EATING DIET TO LOSE WEIGHT](#)



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Eat in moderation if you need to lose weight. Potatoes: Root vegetables like potatoes and sweet potatoes are healthy, but they're still high in carbs. Eat in moderation if you need to lose weight. High-fat dairy: Cheese, cream, butter, full-fat yogurt, etc. Rich in healthy fats and calcium.

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How To Lose Weight Fast and Safely WebMD

If you shed pounds too fast, you'll lose muscle, bone, and water instead of fat, says the Academy of Nutrition and Dietetics. The academy's advice: Aim to lose 1-2 pounds per week, and avoid fad diets or products that make promises that sound too good to be true. It's best to base your weight loss on changes you can stick with over time.

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Healthy Eating Plan National Heart Lung and Blood

For a weight loss of 1 1 pounds per week, daily intake should be reduced by 500 to 750 calories. In general: Eating plans that contain 1,200 1,500 calories each day will help most women lose weight safely. Eating plans that contain 1,500 1,800 calories each day are suitable for men and for women who weigh more or who exercise regularly.

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Diet & Weight Management Overview. Healthy eating is one of the best things you can do to prevent and control health problems such as heart disease, high blood pressure, type 2 diabetes, and some types of cancer.

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