

[HEALTHY FOODS TO HELP LOSE WEIGHT](#)



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8 cheap and healthy foods 1. Brown rice. Rice is a staple in many countries because it is so cheap. Brown rice, even though it's a carb, is healthy for you and can actually help you lose weight!

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Good Weight Loss Foods List Verywell Fit

The best healthy foods for weight loss are naturally low in fat and calories, full of nutrients and easy to prepare. You can find foods like this in every section of the grocery store and sometimes even in convenience marts.

These foods won't break your budget, but they can break the cycle of overeating and help you to lose weight.

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