

## [HELP WITH DIETING AND LOSING WEIGHT](#)



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Foods containing lots of fibre can help keep you to feel full, which is perfect for losing weight. Fibre is only found in food from plants, such as fruit and veg , oats, wholegrain bread, brown rice and pasta , and beans, peas and lentils .

<http://ebookslibrary.club/12-tips-to-help-you-lose-weight-on-the-12-week-plan-NHS.pdf>

### **Help With Dieting and Losing Weight**

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Continued. You ll also want to have people on your side to help you stay motivated and to cheer you on. So ask your family and friends to support your efforts to lose weight.

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### **Dieting Information for teens PubMed Central PMC**

Dieting actually causes some people to gain weight. Teens who diet are often more concerned with how they look than about their health. And this can lead to weight-loss goals that are not healthy.

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### **How to Lose Weight Fast 3 Simple Steps Based on Science**

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