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One easy way to lose weight quickly is to cut out liquid calories, such as soda, juice, and alcohol. Replace them with zero-calorie drinks like lemon water, unsweetened tea, or black coffee. Diet drinks will save you calories, compared with sugary beverages.

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Low-fat foods such as vegetables, fruits, whole grains, and legumes will help you feel full. This helps you lose weight or control your weight. Avoid sugary foods such as candies, jellies and jams, honey, and syrups. These foods offer little nutritional value and tend to be converted to fat quickly.

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Best Weight Loss Diets 2018 Best Diets US News

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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Diet and Weight Loss The Best Ways to Eat Live Science

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Weight Control MedlinePlus

To lose weight, you must use more calories than you eat. A weight-control strategy might include. Choosing low-fat, low-calorie foods; Eating smaller portions; Drinking water instead of sugary drinks; Being physically active; Eating extra calories within a well-balanced diet can help to add weight.

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A simple 3-step plan to lose weight fast, along with numerous effective weight loss tips. All of this is supported by science (with references).

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