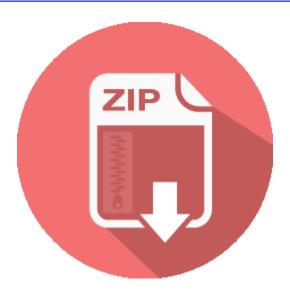
HOW TO LOSE WEIGHT AND EAT HEALTHY



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They're still pretty high in sugar, so eat in moderation if you need to lose weight. Nuts and seeds: Almonds, walnuts, sunflower seeds, etc. Rich in various nutrients, but very high in calories. 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.

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If you eat healthy foods, you will be eating foods that are healthier sources of calories and foods that contribute to a healthier body weight. To lose weight healthy and steadily, the National Heart, Lung and Blood Institute recommends cutting 500 to 1,000 calories per day from your diet. This will give you a weight loss of 1 to 2

pounds per week.

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