

## [HOW TO LOSE WEIGHT FAST BY EATING HEALTHY](#)



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Fast eaters gain more weight over time. Eating slowly makes you feel more full and boosts weight-reducing hormones (26, 27). Weigh yourself every day. Studies show that people who weigh themselves every day are much more likely to lose weight and keep it off for a long time (28, 29). Get a good night's sleep, every night.  
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Again, though, you'll need to change your eating habits to keep the weight off if you go off the meal replacements. Watch your drinks. 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.  
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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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### **Can You Lose Weight Just by Eating Healthier**

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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Quick weight loss may be the goal for big events, beach weekends or just when you want to fit into your jeans.

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