

[HOW TO LOSE WEIGHT WHILE EATING](#)



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Here are seven choices that will help you lose weight while eating more food -- and will satisfy your taste buds at the same time: Whole-grain foods such as whole wheat, brown rice, whole-grain breads, cereals, and waffles are a much better choice than refined white foods because they're generally higher in fiber, more nutritious, and more filling.

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How To Lose Weight While Eating

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How to Eat and Lose Weight with Pictures wikiHow

It is ideal to exercise to maintain optimal health and mental function, and it will also help you lose weight faster. But you will lose weight even without exercising if you eat according to the guidelines here.

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How to Lose Weight Fast While Eating Regularly Healthy

In a 2011 review of the study published in the journal "Obesity," overweight and obese women who exercised

without modifying their diets lost 2.4 percent of their starting body weights, but women who dieted without exercising lost 8.5 percent of their starting body weights. Those who both dieted and exercised experienced the greatest success, losing 10.8 percent of their starting body weights.

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