

## [HOW TO LOSE WEIGHT WITH A HEALTHY DIET](#)



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So ask your family and friends to support your efforts to lose weight. You might also want to join a weight loss group where you can talk about how it's going with people who can relate.

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To lose weight the healthy way, eat a balanced diet consisting of foods like vegetables, fruits, whole grains, and low fat dairy. Additionally, avoid sugary, processed foods such as cakes, soda, and sports drinks, which are high in calories with no nutritional value. Along with a healthy diet, increase the level of physical activities you already enjoy, like walking, biking, or yoga. You can

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