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If you shed pounds too fast, you ll lose muscle, bone, and water instead of fat, says the Academy of Nutrition and Dietetics. The academy s advice: Aim to lose 1-2 pounds per week, and avoid fad diets or products that make promises that sound too good to be true. It s best to base your weight loss on changes you can stick with over time.

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What to Eat to Lose Weight Chapter 4 The Beachbody Blog

What you eat to lose weight shouldn t be all that different from what you eat to maintain your health after you shed the excess pounds. So, yes, you ll likely need to cut calories to lose weight, but you ll also need to learn how to eat differently to maintain your results.

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If you want to lose weight quickly, it s important to watch what you eat. Weight gain occurs when the body consumes too many calories. The excess calories are stored as fat, resulting in weight gain. Eating foods that are low-calorie, healthy and positively affect your metabolism will assist in shedding unwanted pounds quicker.

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