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Orange juice can be part of your weight-loss diet, but because it's easy to overconsume and doesn't fill you up, it may be best to avoid juice. For a more filling, yet naturally sweet snack, eat an orange instead. You get all the vitamins and minerals that juice contains but with added fiber, which keeps you feeling full.

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Can Oranges Help You Lose Weight LIVESTRONG COM

Navels provide slightly more, at 3.6 grams of fiber per orange. Eat Oranges, Skip OJ. If you're looking to lose weight, make sure you snack on whole or cut up oranges instead of drinking orange juice. OJ is high in calories compared with oranges; each cup contains 112 calories, almost twice as many calories as a whole orange.

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How to Lose Weight With Orange Diet Beautips

Target: lose 2 kilos in one week-end from Saturday to Monday morning. Considering the fact that it is winter time, oranges are among the fewer fruits left natural on the market. Of course a fruit diet to lose weight is a great choice, but for now we ll stick to oranges.

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