

[THE BEST FOODS TO EAT TO LOSE WEIGHT](#)



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No doubt: Weight loss comes down to simple math. You have to eat fewer calories than you burn. "Certain foods can help you shed body weight," says Heather Mangieri, RD, a spokeswoman for the Academy of Nutrition and Dietetics, "because they help you feel full longer and help curb cravings." Some even kick up your metabolism.

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What's more, they re one of the best foods to eat if you need to lose weight, as they re high in protein, healthy fats and can make you feel full with a very low amount of calories.

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The Best Foods to Eat And Avoid to Lose Weight

Choosing your nutrition, making lifestyle changes, and exercise help in weight loss. We are what we eat. It s important to make our nutrition a priority for our optimum longevity and health. Here are some foods to eat that will enrich your health and help in maintaining a balanced diet, as well as foods that you should avoid.

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8 Best Foods to Eat for Weight Loss EatingWell

One study found that eating eggs for breakfast left people feeling more satisfied than those who had bagels which helped them eat less throughout the day. 3. Beans. Recipe to Try: Better Three-Bean Salad. All beans are high in fiber, which is your friend when you're trying to lose weight because it helps you feel fuller longer, thus controlling hunger.

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The Best Foods That Will Help You Lose Weight Fast

Here's your go-to list of the best foods that will help you lose weight fast and achieve your weight loss goals.

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