

[THE BEST WAY TO EAT HEALTHY AND LOSE WEIGHT](#)



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You don't have to go vegan, gluten-free, or quit any particular food group to lose weight. In fact, you're more likely to keep the pounds off for good if it's something you can live with for the long term. But it does make sense to cut way down on, or totally cut out, empty calories. Limit added sugars.

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