

[TIPS TO HELP YOU LOSE WEIGHT](#)



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Foods containing lots of fibre can help keep you to feel full, which is perfect for losing weight. Fibre is only found in food from plants, such as fruit and veg, oats, wholegrain bread, brown rice and pasta, and beans, peas and lentils. 7. Read food labels. Knowing how to read food labels can help you choose healthier options.

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