

## UK DIET



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The diet lacks variety in the initial phases, so there's a risk you'll get bored quickly and give up. Paleo diet. The paleo diet, also known as the caveman diet, consists of foods that can be hunted and fished (such as meat and seafood) or gathered (such as eggs, nuts, seeds, fruits, vegetables, herbs and spices).

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Detox diets may lead to weight loss because they involve restricting calories, cutting out certain foods altogether, such as wheat or dairy, and eating a very limited range of foods. "Detox diets do not work," says Arens.

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### **diet Definition of diet in English by Oxford Dictionaries**

Definition of diet - the kinds of food that a person, animal, or community habitually eats, a special course of food to which a person restricts themse

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