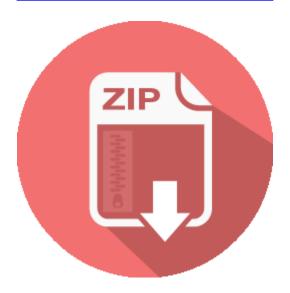
# **WEIGHT LOSING DIETS**



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One easy way to lose weight quickly is to cut out liquid calories, such as soda, juice, and alcohol. Replace them with zero-calorie drinks like lemon water, unsweetened tea, or black coffee. Diet drinks will save you calories, compared with sugary beverages.

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19). Drink water a half hour before meals. One study showed that drinking water a half hour before meals increased weight loss by 44% over 3 months. Choose weight loss-friendly foods (see list).

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## Weight Loss Diets Diets MedlinePlus

But they may also help you to lose weight. There are also fad or crash diets that severely restrict calories or the types of food you are allowed to eat. They may sound promising, but they rarely lead to permanent weight loss. They also may not provide all of the nutrients your body needs.

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#### Weight loss Weight loss basics Mayo Clinic

Need to lose weight? Skip the fad diets. Adopting healthy diet and exercise habits is the smart way to take off excess weight and keep it off.

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# Weight loss Wikipedia

Intentional weight loss is the loss of total body mass as a result of efforts to improve fitness and health, or to change appearance through slimming. Weight loss in individuals who are overweight or obese can reduce health risks, increase fitness, and may delay the onset of diabetes.

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# List of diets Wikipedia

A desire to lose weight is a common motivation to change dietary habits, as is a desire to maintain an existing weight. Many weight loss diets are

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