

[WEIGHT LOSS DIET TIP](#)



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Tip No. 11: Include fiber in your diet. Fiber aids digestion, prevents constipation, and lowers cholesterol -- and can help with weight loss. Most Americans get only half the fiber they need. To reap fiber's benefits, most women should get about 25 grams daily, while men need about 38 grams -- or 14 grams per 1,000 calories.

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12 tips to help you lose weight on the 12 week plan NHS

Get off to the best possible start on the NHS 12-week weight loss plan with these 12 diet and exercise tips. 1. Don't skip breakfast. Skipping breakfast won't help you lose weight. You could miss out on essential nutrients and you may end up snacking more throughout the day because you feel hungry. Check out five healthy breakfasts. 2.

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