

## [WEIGHT LOSS TIPS](#)



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WEIGHT GOALS; Weigh yourself only once a week or less. This keeps you from worrying about small daily changes in your weight. Ask your dietitian or caregiver to help you decide on a sensible weight goal. You should not lose more than 1 to 2 pounds a week. There may be weeks when you do not lose any weight. This is normal. But, stay on your diet and you will again start to lose weight.

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