

## [WHAT ARE GOOD FOODS FOR WEIGHT LOSS](#)



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However, given their nutrient composition, it makes sense that chia seeds could be a useful part of your weight loss diet. Summary Chia seeds are very high in fiber, which fills you up and reduces appetite. For this reason, they can be useful on a weight loss diet.

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Load your shopping cart with lots of lean protein, fresh veggies, fruit, and whole grains, says food scientist Joy Dubost, PhD, RD. The most important thing, when it comes to lasting weight loss, is the big picture of what you eat, not specific foods.

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