

## [WHAT EAT TO LOSE WEIGHT FAST](#)



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When eating cereal or pasta, eat about the size of a hockey puck. Fuel for Workouts. The food you eat before and after your workouts will affect your ability to burn fat. Your body uses carbohydrates during a workout. If you don't eat an hour before your workout, you won't have the necessary energy for your exercise session.

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Exercising on a regular basis can help you lose weight. It's proven. But if you want to lose weight quickly and permanently, what you eat matters. That's because the foods you eat can directly impact the hormones that control how many calories your body burns and how often you eat.

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First, keep in mind that many experts say it's best to lose weight gradually. It's more likely to stay off. If you shed pounds too fast, you'll lose muscle, bone, and water instead of fat, says the Academy of Nutrition and Dietetics.

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### **What To Eat To Lose Weight Fast Great pavalai com**

Your goal is to add more of these 7 fat reducing foods into your diet to help lose belly fat fast. 1. Lean Fish, Chicken & Turkey. Lean fish, chicken, and turkey are all good sources of lean protein. The more protein you eat, the harder your body has to work to digest it, resulting in more calories burned during the eating process.

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