

## [WHAT FOODS ARE BEST TO EAT TO LOSE WEIGHT](#)



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### **Foods to Help You Lose Weight WebMD**

Here are other tips on foods to help you lose weight. Eat Your Water Drink Your Meals. It's important to stay well hydrated on a diet. People often mistake hunger for thirst. So next time you get a pang, drink a glass of water first to make sure you're really hungry. But that's not the only way water can help you lose weight. If water is incorporated into food, it tends to fill us up, Somer says.

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