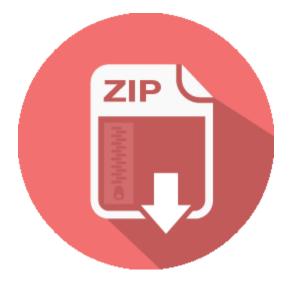
WHAT FOODS HELP YOU LOSE WEIGHT QUICKLY



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Fast weight loss should occur over the course of several months, rather than days. If you drop pounds too quickly, you will most likely not keep it off. Seek to lose about one or two pounds a week to make sure you lose fat without feeling deprived.

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But despite the low calorie count, it keeps you feeling full and satiated, thanks to the added bonus of fiber.

Celery also isn t short on nutrition it contains folate along with vitamins A, C, and K. So whether you need a

filling snack or meal add-on, celery is a pretty amazing weight loss superfood.

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