

## [WHAT FOODS SHOULD YOU NOT EAT TO LOSE WEIGHT](#)



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The worst foods for weight loss are highly processed junk foods. These foods are typically loaded with added sugar, refined wheat and/or added fats. If you're not sure if a food is healthy or unhealthy, read the label. However, watch out for the different names for sugar and misleading health claims. Also, remember to consider the serving sizes.

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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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It's not just french fries you want to avoid when you're trying to lose weight, but all fried foods. Fried fish, chicken, any of the state-fair concoctions like fried pickles and your favorite sandwich cookie can also contribute to weight gain.

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### **How to Eat and Lose Weight with Pictures wikiHow**

If you want to lose weight and still eat the foods you enjoy, make sure you're eating lots of fresh food that's high in fiber, like fruits, vegetables, and beans. Instead of unhealthy high-calorie foods, add good fats to your diet from avocados, nuts, and olive oil, which will keep you feeling full.

<http://ebookslibrary.club/How-to-Eat-and-Lose-Weight--with-Pictures--wikiHow.pdf>

### **5 Foods You Should Never Eat Again MyDiet**

When you are trying to improve your health and lose weight, there are certain foods that you should avoid. Many of these foods are obviously unhealthy because

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