

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



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What's more, they're one of the best foods to eat if you need to lose weight, as they're high in protein, healthy fats and can make you feel full with a very low amount of calories.

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No doubt: Weight loss comes down to simple math. You have to eat fewer calories than you burn. "Certain foods can help you shed body weight," says Heather Mangieri, RD, a spokeswoman for the Academy of Nutrition and Dietetics, "because they help you feel full longer and help curb cravings." Some even kick up your metabolism.

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Liz Vaccariello, author of The Digest Diet, explains how you can lose weight fast by eating foods you already shop for, as certain foods, actions, and activities can gently shift your body into fat release mode.

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A List of Foods to Eat to Lose Weight Livestrong.com

You need to consume fewer calories than you expend to lose weight. Certain foods A List of Foods to Eat to Lose Weight vitamin E and heart-healthy

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How To Lose Weight Fast and Safely WebMD

If you shed pounds too fast, you'll lose muscle, bone, and water instead of fat, says the Academy of Nutrition and Dietetics. The academy's advice: Aim to lose 1-2 pounds per week, and avoid fad diets or products that make promises that sound too good to be true. It's best to base your weight loss on changes you can stick with over time.

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