

WHAT HELPS LOSE WEIGHT



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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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Broccoli, carrots and cauliflower all cost under \$.50 per serving and they aid in weight loss too! Filling up on veggies, which are low in calories, help you feel full and are packed with vitamins and minerals.

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One study showed that drinking water a half hour before meals increased weight loss by 44% over 3 months . Choose weight loss-friendly foods (see list). Certain foods are very useful for losing fat. Here is a list of the 20 most weight loss-friendly foods on earth. Eat soluble fiber.

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