

## WHAT NOT TO EAT WHEN DIETING



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### **What to Eat When Dieting nutrineat com**

While dieting, you need to eat healthy foods that will keep you fuller for longer. Also, avoid skipping meals, particularly breakfast. It is the most important meal of the day, and it gives you energy to keep you functioning efficiently throughout. Here's a list of various foods that are good for the body while dieting.

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### **Foods Not To Eat When Dieting NO CARB FOODS**

Types Of Foods Not To Eat When Dieting. One of the worst foods you can eat when dieting is bakery products made from refined wheat. This includes white bread, rolls, and buns. Whole wheat has starch but it also has fiber and nutrients which slow down the digesting process.

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### **Top 10 Foods To Avoid While Dieting MyDiet**

Knowing which foods to avoid while dieting is key. Since it is not eaten alone, If I had to eat only healthy stuff all the time I d be bored with

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