

## WHAT TO AVOID TO LOSE WEIGHT



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Whole potatoes are healthy and filling, but french fries and potato chips are not. They are very high in calories, and it's easy to eat way too many of them. In observational studies, consuming  
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Foods to Avoid to Lose Weight Of course, you should evaluate your entire eating plan when you start weight loss program. If you overeat any food, you may want to get rid of it in order to achieve nutritional balance.  
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But some foods really do deserve the ax especially if you are trying to lose weight. In which case, avoid these foods (when you can!) to fend off cravings and hunger, and support your efforts  
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Weight loss is often a hard and frustrating process, but you can speed things up and see good results sooner if you make some changes in your unhealthy diet. If you cut out or at least cut down the intake of sugar, white flour, snacks, delicatessen, you won't gain weight and you can decrease the chances of getting a heart or malignant diseases.  
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### **DO NOT Eat These Foods When Trying to Lose Weight AVOID THEM**

Foods You Must AVOID When Trying to Lose Weight Are Stop drinking regular & diet sodas. Quick fact: You'd lose 35 pounds in one year if you replaced a 20oz bottle of soda with water daily. Use these weight loss drinks instead & go here if you need help to stop drinking soda; AVOID the grocery store snack aisle.  
<http://ebookslibrary.club/DO-NOT-Eat-These-Foods-When-Trying-to-Lose-Weight---AVOID-THEM.pdf>

### **11 Foods to Avoid When Trying to Lose Weight**

Heavy drinking, on the other hand, is associated with increased weight gain (20, 21). The type of alcohol also matters. Beer can cause weight gain, but drinking wine in moderation may actually be beneficial (19, 22).  
BOTTOM LINE: If you are trying to lose weight, you may want to consider cutting back on alcohol or skipping it altogether. Wine in small amounts seems to be fine.  
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### **The Best 9 10 Foods To Avoid If You Want To Lose Weight**

The Best Of 10 Foods To Avoid If You Want To Lose Weight . Foods You Must AVOID When Trying to Lose Weight Are Honestly, You can eat anything you want & still lose weight as long as you eat the right amount of

calories but the foods below may cause you to gain weight because they increase your hunger & cravings to a point where you'll end up

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### **5 FOODS YOU NEED TO AVOID TO LOSE WEIGHT**

We think of fruit as a low-calorie and healthy food, eating it for snacks and even instead of dinner. However, many of them contain as much as chocolate!

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