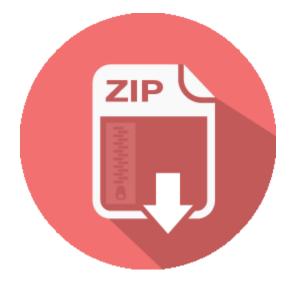
WHAT TO EAT TO MAKE YOU LOSE WEIGHT



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Eat foods high in fiber. Fiber-rich foods keep you full for longer, so that you don't reach for unhealthy snacks that will only make you gain weight.

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Foods with protein help you in several different ways when you're dieting. First, protein will help you to maintain muscle mass as you lose fat. And if you start a strength-training program when you're trying to lose weight, protein-rich foods help you to build muscle.

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Do this instead: Embrace the truth that weight loss is hard, but don't let the difficulty of the process deter you. If you want to lose weight, you can. But it will be uncomfortable. Celebrate small accomplishments to stay focused along the way.

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Sodium makes you retain water, which bloats you up so you won't look and feel your best regardless of how much weight you want to lose.

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