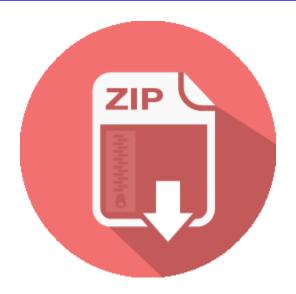
WHAT WILL HELP YOU LOSE WEIGHT



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But fear not, you are not destined to a steady diet of carrot sticks and bird food. In fact, a wide assortment of the right thin foods can help you lose weight. The key things to look for: Foods with high water content, high-fiber foods, and calcium. All of these will help you feel full longer and thus eat fewer calories in the long run.

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The main reason that intermittent fasting works for weight loss, is that it helps you eat fewer calories. All of the different protocols involve skipping meals during the fasting periods. Unless you compensate by eating much more during the eating periods, then you will be taking in fewer calories.

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