WHATS A GOOD DIET TO LOSE WEIGHT



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If you shed pounds too fast, you ll lose muscle, bone, and water instead of fat, says the Academy of Nutrition and Dietetics. The academy s advice: Aim to lose 1-2 pounds per week, and avoid fad diets or products that make promises that sound too good to be true. It s best to base your weight loss on changes you can stick with over time.

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A pilot study based on this diet shows people lost up to 2 pounds a week without the hunger or across-the-board restriction favored by conventional diets. Eventually, once your weight reaches a new, lower set point, you can add back in small amounts of processed carbs, Ludwig says.

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