

A GOOD DIET TO LOSE WEIGHT

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However, if you're on a moderate- to high-carbohydrate diet, choosing lean meats may be more appropriate. Summary Eating unprocessed lean meat is an excellent way to increase your protein intake. Replacing some of the carbs or fat in your diet with protein could make it easier for you to lose excess fat.

[How To Lose Weight Fast and Safely - WebMD](#)

One easy way to lose weight quickly is to cut out liquid calories, such as soda, juice, and alcohol. Replace them with zero-calorie drinks like lemon water, unsweetened tea, or black coffee. Diet drinks will save you calories, compared with sugary beverages.

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But if you're looking to lose weight and need some menu ideas, Nutrition Director at the Good Housekeeping Just because your diet is healthy.

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You can add more veggies to your diet, enjoy your "cheat" foods, and cut back on the calories you're eating, all at the same time. When Penn State researchers added pureed cauliflower and zucchini to mac and cheese, people seemed to like the dish just as much. But they ate 200 to 350 fewer calories.

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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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