

EAT AND LOSE WEIGHT

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Eat foods that contain a lot of water, like fruits and vegetables. Studies have shown that people who eat foods with high water content have lower body mass indexes. The water in these foods helps keep you full for longer so you eat less overall. Watermelon and strawberries have about 92 percent water per volume.

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[What I eat \(DAY 3\):](#)

<https://www.youtube.com/watch?v=q2Km5> [What I eat](#)

[What I Eat In A Day To Lose Weight \(Day 2\) | Healthy Weight Loss](#)

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[Eat \(Yes, Eat!\) to Lose Weight Instead of fasting, fill up on foods that have a lot of water, fiber, or both such as fruit, veggies, and](#)

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[12 tips on How to Eat Healthy Foods to Lose Weight - Truweight](#)

[How to eat healthy foods to lose weight? How about chewing food well or simply including proteins in the diet. We have answers to this long asked question.](#)