

## HEALTHY FOODS TO HELP YOU LOSE WEIGHT

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## 9 Foods That Will Help You Lose Weight | Everyday Health

When you think about losing weight, eating isn't usually the first thing that comes to mind. But the right foods can actually help you shed pounds and reach your weight-loss goals.

### The 20 Most Weight-Loss-Friendly Foods on The Planet

What's more, they're one of the best foods to eat if you need to lose weight, as they're high in protein, healthy fats and can make you feel full with a very low amount of calories.

### 9 Foods To Help You Lose - WebMD

Delicious foods that help you diet? It sounds too good to be true. No doubt: Weight loss comes down to simple math. You have to eat fewer calories than you burn.

### 8 cheap foods that can help you lose weight | Clark Howard

Brown rice, even though it's a carb, is healthy for you and can actually help you lose weight! A serving of brown rice contains 21% of the daily recommended amount of magnesium, 15% of vitamin B6, 4% of the daily recommended amount of iron and 3.5 grams of fiber.

Brown rice is higher in nutrition and absorbed more slowly by the bloodstream than white rice. It is a great food to eat for those wanting to reduce inflammation too.

### 10 Foods That Help You Shed Pounds - Health

Fill up on foods that contain water, like these fruits and veggies. Ever heard of drinking water to lose weight? It actually works, especially if you also eat foods that contain a lot of water.

### Good Weight Loss Foods (List) - Verywell Fit

These foods won't break your budget, but they can break the cycle of overeating and help you to lose weight. Salad Greens and Produce The best salad greens for you are those that you enjoy.

### 14 Healthy Breakfast Foods That Help You Lose Weight

#### 14 Healthy Breakfast Foods That Help You Lose Weight

Written by Rachael Link, MS, RD on September 3, 2018

When you're trying to lose weight, breakfast can set the tone for the rest of your day.

### Foods to Help You Lose Weight - WebMD

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.