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but don't make you feel full (like

candy) and replace them with foods that fill you up without being loaded with calories (like vegetables).

Many of us don't always eat simply to satisfy hunger. How to Lose Weight and Keep It Off -

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foods can help you shed body weight," says Heather Mangieri, RD, a spokeswoman for the... 9 Foods to Help You Lose Weight -

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For bread, stick to one slice a day (maybe two if you've been more active than usual). Some other healthy whole grain options are oatmeal with nuts and seeds or quinoa and veggie bowls.

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