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TOP 10 Foods to

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safe and
healthy? If you
are considering
starting a diet,
make sure that
you have all the
facts first, and
always consult
your GP before

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restricting or
changing your
diet.

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weight, your
secondary goal
should be to
build lean

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muscle mass.

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*A Full-Body
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Weight Loss ...

Losing this much weight can be a sign of

malnutrition,

where a person's diet doesn't

contain the right amount of nutrients. You

should pay particular attention if you experience other

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symptoms, such as: tiredness. loss of appetite. a change in your toilet habits. an increase in illnesses or infections.

Unintentional weight loss - NHS

The focus is on

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the food that we can and should be eating to lose weight, which is easy to make and won't make you feel as though you are missing out.

Recipes include warm halloumi salad; salt and pepper squid; sweet potato and

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black bean
burritos; sticky
pork chops; and
baked doughnuts
with sweet five-
spice dust.

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Tom Kerridge:
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Good was on

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tonight for
episode one in a
six episode
series. On the
8pm programme
the chef, who
has lost a huge
amount of
weight, shared
his tips and
slimmed down.

Tom Kerridge
weight loss: How
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Lose Weight for Good chef ...

Unexplained weight loss, or losing weight without trying, can be a cause for concern. It might indicate an underlying condition. A good rule of thumb is to see your doctor if

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you've lost a...

Flavour

Unexplained

Weight Loss: 13

Causes and

Treatment

Options

Cutting Calories

- Strategies for

eating more

while still

losing weight,

avoiding portion

size pitfalls,

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loss comes down
to simple math.
You have to eat

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"Certain foods
can help you

shed body
weight," says

Heather

Mangieri, RD, a
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