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intermittent fasting is a pattern of eating that involves regular short term

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**8 strategies to help you lose weight** Nov 25 2023 1 find a nutritious balance to maximize your health while losing weight cut calories by replacing foods that don't have much nutritional value with foods that pack a bigger nutritional punch for instance opt for fewer carbohydrate heavy snacks like pretzels or canned fruit and choose an added portion of vegetables at each meal

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