

## 14 healthy foods to eat to lose weight according to experts

No single food can guarantee weight loss on its own, but certain foods can certainly support a healthy weight loss journey when incorporated into a balanced diet and combined with regular physical activity. Here are some foods that are generally considered to be helpful for weight loss:

1. **Vegetables:** Non-starchy vegetables like leafy greens, broccoli, cauliflower, peppers, and cucumbers are low in calories and high in fiber, making them great choices for weight loss.



2. **Fruits:** Berries, apples, pears, and citrus fruits are lower in calories and high in fiber and water content. They can satisfy

# Love Food Lose Weight 3 Essential Steps To Enjoying Food For Perfect Helath

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web starten sie die messung machen sie zwischen zwei messungen min destens eine minute pause die werte schwanken laufend das ist normal sie werden daher selten zwei gleiche werte hinter einander erhalten der normwert geht bis maximal

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135/85 mmHg höher sollte der Blutdruck normalerweise nicht sein bis auf wenige Ausnahmen