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## Foods Not to Ditch When You Diet

7 forbidden foods that can actually help you lose weight

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### How Your Favorite Foods Can Help You Lose

You want to shed some pounds, and immediately your personal list of no-no's grows. No bread or potatoes--too many carbs. No chocolate--too fattening. Sound familiar?

#### Diets Don't Have to Be So Strict

In fact, forbidding certain foods can backfire says Milton Stokes, MPH, RD, a Connecticut-based dietitian. "Thanks to fad diets that aren't based in solid science, I often see clients avoiding foods that would help them control overeating or fight belly fat and ultimately lose weight," he says. "Worse still, having an off-limits list is like stuffing your cravings into a plastic bag. Eventually it's going to burst open, unleashing all your food urges at once, which leads to bingeing." The real key to weight loss? "Mind your p's and q's--watch portions and choose quality, nutrient-rich foods," says Sari Greaves, RD, a national spokesperson for the American Dietetic Association. Here, how

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