



400 Calorie Fix Diet: Track Your Diet Success (with Food Pyramid , Calorie Guide and BMI Chart)

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The secret to losing weight is to write down everything you eat and drink in a food journal. Getting a visual of your eating habits and general lifestyle could lead to a quick identification of the areas that need to be changed/eliminated. If you write down what you're eating, you're becoming more aware of what's going on with your body.

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