I have lots of small troubles like everybody, but I just say, "forget about it." Nothing is impossible.

HENRY TSENG

6 tips for losing weight but eating carbs

By Malinda Fischler

1. Combine fiber and protein at a healthy ratio. The combination of fiber and protein is more satisfying than protein alone, and it also encourages your body to feel more full. Protein is also less likely to cause a spike in your blood sugar. Fiber can slow down the digestion of carbohydrates, which helps to reduce the amount of insulin your body will produce.

2. Eat breakfast. Eat breakfast within an hour of waking. Breakfasts are an important part of your day. They can help you feel full throughout the day and can also help you maintain a healthy weight. Eating breakfast is also a great way to start your day off on the right foot.

3. Eat meat. Add meat to your meal. Eating meat is a great way to add protein and fiber to your diet. It’s also a great way to add flavor and texture to your meal. Be sure to choose lean cuts of meat, however, and to limit your portion size.

4. Snack on fruits and veggies. Snacking on fruits and veggies is a great way to add fiber and nutrients to your diet. It’s also a great way to get in some extra vegetables. Be sure to choose fresh fruits and veggies, as well as whole-grain snacks.

5. Opt for an army when dining out. Order a salad or a plate of vegetables when dining out. It’s a great way to add fiber and nutrients to your meal. Be sure to choose a salad that contains a variety of vegetables, as well as a protein source.

6. Make your last meal a smoothie. Don’t let sugar be your bête noire of the day for fear. "We can all find some healthy foods that we enjoy eating, but it’s important to remember that sugar is a very powerful food," Tseng says. "I like to use a lot of whole grains and vegetables in my meals, but I also like to use a lot of sweet potatoes and other root vegetables, as well as a variety of fruits. It’s very important to eat a balanced diet, and to make sure that you’re getting the nutrients you need to stay healthy."

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