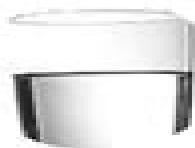


The 10 Best Low Calorie Foods for Weight Loss

2000 of Calories = 100% of the Daily Value (%DV)

1 Water



0 Calories
per 8oz cup

0 calories per 100g

2 Salad Greens (Watercress)



4 Calories
per cup

11 calories per 100g

3 Broth



11 Calories
per cup

5 calories per 100g

4 Vegetables (Mushrooms)



15 Calories
per cup

22 calories per 100g

5 Fruits (Strawberries)



53 Calories
per cup

32 calories per 100g

6 Vegetable Soup



67 Calories
per cup

28 calories per 100g

7 Whole Grain Toast



69 Calories
per slice

288 calories per 100g

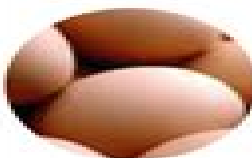
8 Cod



71 Calories
per 3oz fillet

84 calories per 100g

9 Eggs



78 Calories
in 1 large egg

155 calories per 100g

10 Low-Fat Cottage Cheese



81 Calories
per oz

72 calories per 100g

Low Calorie Food Guide

Xiang Xie



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