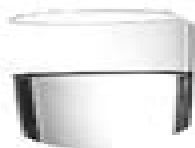


The 10 Best Low Calorie Foods for Weight Loss

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

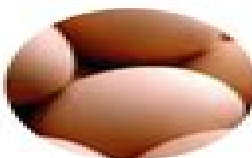
8 Cod



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

Lauren Gardner



Low Calorie Food Guide:

Low Calorie Food Guide Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Low Calorie Food Guide**," compiled by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we will delve to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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