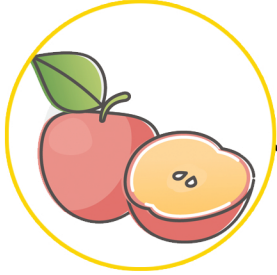


# 5 FOODS TO LOSE WEIGHT



## Apples

Rich in fibers, antioxidants, and essential vitamins, apples are a healthy snacking option to shed extra kilos.



## Flax Seeds

Flax seeds aid in weight loss as they are rich in dietary fiber and low in calories.



## Green Tea

The abundance of catechin in green tea increases body metabolism and burns body fat faster.



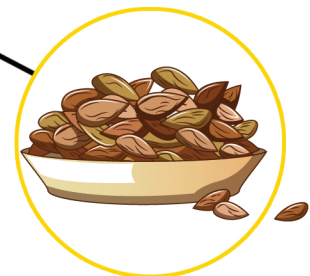
## Oatmeal

Oatmeal controls blood sugar, boosts body energy, and keeps you satiated without adding up to the calories.



## Almonds

Loaded with mono-saturated fats, essential vitamins, and minerals, almonds suppress sudden cravings and promote weight loss.



**GastroDoxs**  
defenders of the digestive system