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25 Diet-Busting Foods You Should Never Eat

Some foods can mess up your diet and others can really really mess up your diet. Here are twenty five foods you should really try to avoid at all cost if your on a diet.

It really is a shame. Some of the best-tasting foods are actually some of the worst in terms of fat and calories. But it can be hard to avoid them, especially in places—like malls—where nutrition information usually isn't available.

So we did the work for you; take a look at a list of foods you should skip—or pick—at a mall, restaurant, or grocery store.

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