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## Start counting calories as a last weapon against fat

You shouldn't waste too much time on intensive calculation of your daily calorie intake.

It is better to follow the important principles which help you to lose fat forever! Only in the rare case that this doesn't help, should you start to keep a nutritional diary, with the goal of obtaining a better awareness of improvements and changes to make in your diet. This can help you detect nutritional errors and to avoid repeating them in the future.

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