

## Efficacy of water preloading before main meals as a strategy for weight loss in primary care patients with obesity:

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DOI:

[10.1002/oby.21167](https://doi.org/10.1002/oby.21167)

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*Document Version*

Peer reviewed version

*Citation for published version (Harvard):*

Parretti, H, Aveyard, P, Blannin, A, Clifford, S, Coleman, S, Roalfe, A & Daley, A 2015, 'Efficacy of water preloading before main meals as a strategy for weight loss in primary care patients with obesity: RCT', *Obesity*, vol. 23, no. 9, pp. 1785-1791. <https://doi.org/10.1002/oby.21167>

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**Figure 1**

