

## [HOW MANY CALORIES TO LOSE WEIGHT](#)



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### **How Many Calories Should You Eat Per Day to Lose Weight**

An average woman needs to eat about 2000 calories per day to maintain, and 1500 calories to lose one pound of weight per week. An average man needs 2500 calories to maintain, and 2000 to lose one

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### **Number of Calories Needed to Lose Maintain Gain Weight**

Now researchers believe weight loss is a slower process and that a decrease of 10 calories a day leads to a loss of about one pound in a year, but it can take as long as 3 years to get there.

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### **Calorie Calculator**

Zigzag calorie cycling is a weight loss approach that aims to counteract the human body's natural adaptive tendencies. Counting and restricting calories, as described above, is a viable method to lose weight, but over a period of time, it is possible for the body to adapt to the lower number of calories consumed.

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### **How Many Calories to Eat Burn to Lose 5 10 20 50 Pounds**

You'll need to burn an extra 70,000 calories to lose 20 pounds; depending on your starting weight it may take you 20 weeks or more to lose the weight. Set short-term goals and keep food and weight diaries to help you track your progress.

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### **How Many Calories You Should Eat to Lose Weight Health**

Sass says that the formula most of these apps use calculates how many calories you need to maintain your current weight, and then subtracts 500 calories per day if you want to lose one pound per

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### **How Many Calories Should I Burn a Day to Lose Weight**

How many calories you burn in a workout depends on your size, duration and intensity. For example, a 155-pound person who does 30 minutes of moderate-intensity calisthenics such as jumping jacks and pushups or a 4 mph walk burns 167 calories; but a 185-pound person burns 200 calories with these same activities.

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### **How Many Calories Should I Eat to Lose Weight Shape**

The Harris-Benedict equation is the most widely used method of calculating your calorie needs (and thus how many calories you need for weight loss). Here is the Harris-Benedict equation to find out how many calories a woman should eat a day:  $BMR = 655 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$

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### **How Many Calories Should I Eat to Lose Weight Verywell Fit**

Some calorie calculators help you find out how many calories to eat every day if you want to maintain your weight. Some even help you to gain weight. But if you're trying to slim down, you might need a weight loss calculator.

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