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And, since there is about 3500 calories in 1 pound of fat, doing this will result in 1 pound of fat being lost per week. And, since the ideal weight loss rate is 1-2 pounds per week, this would put you right within range. Add some exercise in as well, and it will bring you closer to the higher end of that range.

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Watch your drinks. One easy way to lose weight quickly is to cut out liquid calories, such as soda, juice, and alcohol. Replace them with zero-calorie drinks like lemon water, unsweetened tea, or black coffee. Diet drinks will save you calories, compared with sugary beverages.

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Weight Loss Tips. Calories are stored as fat if you eat more calories than you need. The best way to lose weight is to eat fewer calories and become more active. You burn more calories with regular exercise. Fewer calories are then stored as fat. Try to burn about 400 to 500 more calories per day than you take in.

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Beginners, here's your guide to shedding pounds. Check it out here! Calories per day: Losing weight is all about creating a calorie deficit. One pound equals 3,500 calories, which breaks down to 500 calories a day. Do a combo of exercise and cutting calories to reach 500, and you'll lose a pound a week.

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