

## [HOW MUCH FAT TO EAT TO LOSE WEIGHT](#)



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### **How Many Grams of Fat Should You Eat a Day to Lose Weight**

Fat Intake When Eating Fewer Calories. The Dietary Guidelines for Americans suggest that 25 to 35 percent of your daily calories should come from fat. So, if you consume 1,500 calories on your weight-loss diet, you'll want between 42 and 58 grams of fat daily; whereas a person eating 2,000 calories would consume between 56 and 78 grams of fat.

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### **How Much Fat Per Day Is Needed to Lose Weight**

How Many Grams of Fat Per Day. The number of grams of fat you can eat depends on the total number of calories allotted for your diet plan each day. Fat has 9 calories per gram. So someone who eats 2,000 calories per day is shooting for 20 to 35 percent of those calories from fat -- which is between 44 and 78 grams of fat per day.

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### **How Eating More Fat Helps You Lose More Weight**

Eating Fat Displaces Eating Carbs When you look at the macronutrient percentages of your diet, everything needs to add up to 100 percent. Eating more of one macronutrient means that your intake of another macronutrient needs to decrease.

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### **How Many Calories Should I Eat Per Day To Lose Weight**

Someone with a more average amount of fat to lose (say 30lbs, for example) should lose it at a rate of 1-2lbs per week. Someone with a below average amount of fat to lose (say 10lbs or less, for example) would be best served to lose it at a rate of 0.5-1 pound per week.

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### **How to Lose Weight by Eating The Clean Eating Diet Plan**

At Lose Weight By Eating we preach clean eating, and believe the best way to lose weight is by eating a healthy diet full of fat burning foods. Losing weight starts in the kitchen, and what you eat is far more important than how you exercise because weight loss is 70% what you eat and 30% exercise.

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