

HOW MUCH CALORIES SHOULD I EAT 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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Daily Calorie Intake How Many Calories Should I Eat to

To lose weight you'll need to create a calorie deficit, which means cutting out the calories. A general rule of thumb is to reduce your calories by 250 a day to lose 0.5 pounds per week, or 500 calories a day to lose 1 pound per week.

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The weight loss calculator may say that you need to eat 1,200 calories per day to lose weight. But you don't think that you can cut enough food from your diet to reach that number. That's OK.

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Point is, eating is great for you (not to mention fun), and you shouldn't cut out too much of it whether you're trying to lose weight or not. To figure out how much you should eat for weight loss

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How Many Calories Should I Eat Per Day to Lose Weight

Women should eat around 2000 calories and men should eat around 2500 calories. It's important to keep in mind that if you do eat this amount, you're more than likely not going to lose any weight. These numbers are there for people that are trying to maintain the weight they are at right now.

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How to Lose Weight How Many Calories Should I eat

Bottom line: Learn how many calories you need to eat to lose weight and stick to it! Calories Explained. At the simplest level, your body runs off energy in the form of calories from foods and beverages. Calories = energy. And you need this energy to fuel your daily needs and to just plain survive. If you stop calories, you will eventually die.

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Calories to Lose Weight HealthStatus

Calories to Lose Weight. HealthStatus 160. HealthStatus 160. This calculator will determine how many calories you should eat on a daily basis if you are trying to lose weight. Learn how many calories to lose weight safely, and how to lose weight fast. The weight loss calculator will only show you safe levels of calorie reduction.

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