

## [HOW MANY CALORIES FOR WEIGHT LOSS](#)



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

Calories, those little units of energy you consume, are arguably the most talked-about part of healthy eating and weight loss. The general rule is that if you take in more calories than you use

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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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### **Precision Nutrition's Weight Loss Calculator Here's what**

A daily calorie deficit of 675 calories would lead to a deficit of 246,375 calories over the course of a year (675 calorie deficit x 365 days = 246,375 calories). This would, theoretically, lead to a 70-pound weight loss for Vanessa (246,375 calorie deficit / 3,500 calories in 1 pound of weight = 70 pounds lost). But the body doesn't work

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