CALORIES A DAY TO LOSE WEIGHT

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Ultimately, the amount of calories you should have per day to lose weight is going to be different for everyone. A lot of it depends on what your end goals are for yourself. Somebody that wants to lose 50 pounds is going to have a much different calorie count than somebody that is only looking to drop 5 pounds.
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For example, a 155-pound person burns 2,000 calories per day and eats 2,000 calories will maintain her weight. But, if she exercises and burns an extra 500 calories per day perhaps by jogging at 5 mph for 45 minutes but continues to consume 2,000 calories, she can lose a pound per week.
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Using our example, the woman would need to eat 1900 calories per day to lose weight. (The right foods can help you slip into your skinny jeans faster. Eat these three snacks to conquer hunger and win at weight loss .)
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