CALORIES PER DAY TO LOSE WEIGHT

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Calorie Calculator
As such, in order to lose 1 pound per week, it is recommended that 500 calories be shaved off the estimate of calories necessary for weight maintenance per day. For example, if a person has an estimated allotment of 2,500 calories per day to maintain body-weight, consuming 2,000 calories per day for one week would theoretically result in 3,500 calories (or 1 pound) lost during the period.
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*To lose weight, 500 calories are subtracted per day for each pound you want to lose every week. To gain weight, 500 calories are added per day for each pound you want to gain every week.
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"One pound of fat is around 3,500 calories, and safe fat loss is one to two pounds per week," says White. To lose one pound of fat per week, you'd need a 500-calorie deficit each day.
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How Many Calories Should I Eat to Lose Weight Shape
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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American Cancer Society Calorie Counter
To Lose Weight. To lose 1 pound a week, you need to cut 500 calories per day. You can do this by eating less, exercising more, or both. Try these strategies: Cut 250 calories from your daily diet. That s about one 20-ounce regular soda. Burn an extra 250 calories through physical activity.
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How Many Calories Should I Eat Per Day to Lose Weight
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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How Many Calories Should I Burn a Day to Lose Weight

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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