

[HOW MANY CALORIES SHOULD I EAT TO LOSE WEIGHT](#)



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How Many Calories Should You Eat Per Day to Lose Weight

Studies have shown that eating a low-carb diet until fullness can make you lose about 2 3 times more weight than a calorie-restricted, low-fat diet (29, 30, 31).

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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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How Many Calories Should I Eat to Lose Weight Verywell Fit

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. You can simply add exercise to your weekly routine to account for a few extra calories.

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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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CalorieKing How Many Calories Should You Eat

This calorie target will allow you to lose weight at a healthy and sustainable rate of 1 to 2 lbs per week. This calorie target allows you to maintain your current weight, within a margin of a few pounds. This calorie target will allow you to gain weight at a healthy and sustainable rate of 1 to 2 lbs per week.

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How Many Calories Should I Eat to Lose Weight Calorie

"Calories matter when it comes to weight loss and maintenance, and in order to lose weight, you must take in less energy than you expend," says Erin Palinski-Wade, R.D., author of Belly Fat Diet

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