

## [HOW MANY CALORIES SHOULD YOU HAVE 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).

<http://ebookslibrary.club/How-Many-Calories-Should-You-Eat-Per-Day-to-Lose-Weight-.pdf>

### **How Many Calories Should I Burn a Day to Lose Weight**

If you are trying to lose weight, the first thing you should find out is how many calories you need to burn every day. Knowing how many calories you burn each day will help you figure out how many calories to consume so that you create a calorie deficit that will lead to weight loss.

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### **How Many Calories Should I Eat to Lose Weight Verywell Fit**

As a general rule, most experts say that a total weekly calorie deficit of 3,500 calories will lead you to lose one pound of weight. If you cut more calories, you'll lose weight faster. But it is not safe or practical to cut too many calories.

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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. Losing more than 2 pounds per week is not recommended, as the weight generally comes back on as soon as you stop dieting.

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### **How Many Calories Should I Eat Daily To Lose Weight**

Your age, gender and activity level all play a role in how many calories you need each day. In order to lose weight, you must be in a caloric deficit and burn more calories than you consume. Be wary of any diet which limits your calories so dramatically that it borders on starvation.

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

Here, experts explain how to figure out how many calories you should eat to lose weight, and why that number isn't necessarily the most important (or healthy) thing to focus on.

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### **How Many Calories Should I Eat a Day to Lose Weight**

How many calories should I eat a day to lose weight? is a very good question. What you put in your mouth determines whether or not you're in a deficit, and is the primary factor in whether or not you are losing weight. For super active people weight loss might be possible at 4,000 calories a day, while some people may have to go down to down as low as 1,200 to shift fat at an adequate

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How to lose weight. If you want to lose weight, the answer is simple, at least in theory. You must eat fewer calories than you use each day. Once you find your suggested calorie level, subtract

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### **How Many Calories Should I Eat to Lose Weight popsugar com**

To lose weight, you would have to create a calorie deficit. How to Find Out How Many Calories You Need to Lose Weight "One pound is equal to 3,500 calories.

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### **Calories to Lose Weight HealthStatus**

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.  
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