

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



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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 I Eat Daily To Lose Weight

Whether you are trying to actively lose weight or simply to maintain a healthy weight, one thing that almost guarantees success is getting the right amount of calories each day.

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Calories to Lose Weight HealthStatus

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Calories weight loss How many calories to lose weight

How many calories should you eat every day? The average woman should eat 2000 calories per day to maintain her weight, and 1500 to lose a pound a week, according to the health website.

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