

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



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How Many Calories Should You Eat Per Day to Lose Weight

A calorie is a unit that measures energy. Calories are usually used to measure the energy content of foods and beverages. To lose weight, you need to eat fewer calories than your body burns each day.

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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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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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So whether you're trying to maintain weight, lose weight, or gain muscle, knowing how many calories you should eat can help keep you on track. But it's not so black and white. While there are some good reasons to know how many calories you burn and need, there are a lot of reasons why it's not necessary. Read on to learn exactly how many calories you burn with a BMR calculator and for

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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 You Eat Per Day to Lose Weight

Average Calories. On average, an adult woman needs to eat around 2000 calories per day to maintain her weight, and 1500 calories to lose one pound.

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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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How Many Calories Should I Eat Daily To Lose Weight

If you're wondering how many calories should I eat daily? you're not alone. Many people wonder what the right amount is and often allow themselves too few calories when trying to lose weight.

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If your TDEE is in fact 2,232, to lose one pound a week, you would have to eat 1,780 calories a day to eat in a healthy calorie deficit and see progress on the scale. Ultimately, this formula is

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