

## [HOW TO LOSE WEIGHT WHILE NURSING](#)



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It may seem counterintuitive, but it is important to eat regularly to lose weight. While nursing, you should never eat fewer than 1,500-1,800 calories daily, and most women require much more than this. Starving yourself is never a good idea, and is particularly dangerous when recovering from childbirth and nursing your baby. Too few calories can also be counterproductive to your weight loss goals.

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