

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



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Eating at least three meals daily can fight off hunger and regulate blood sugar. The number of times you eat during the day, however, may not have a big

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The thermic effect of food is the concept that your body burns more calories when it is digesting food, therefore you should eat smaller, more frequent meals. The idea makes sense. When you eat, your body must digest the food and that takes energy. And since energy is the same thing as calories, you burn more calories when you eat often.

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Also, gradual weight loss of 1-2 pounds per week is more likely to stay off than if you lose more weight than that. Whether you are eating more frequently or not, some general tips on eating properly to help with weight loss are: Make sure you start each day out with a well balanced breakfast.

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### **How Often Should I Eat to Lose Weight go vasafitness com**

While some studies show benefits from eating small frequent meals throughout the day, other studies suggest benefits from increasing the fasting period between meals. Do people lose weight eating 6 small meals a day? Yes. Do people gain weight eating 6 small meals a day? Yes. Do people lose weight eating 2-3 meals a day? Yes.

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### **How often should I eat to lose weight**

Eat every 2-3 hours to lose weight. Eat at least every 4 hours. Ideally, eat every 2-3 hour to lose weight. You can make this happen by eating 5-6 small

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