

[WHAT SHOULD YOU EAT TO LOSE WEIGHT](#)



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How many calories you need per day, depends on whether you want to maintain, lose or gain weight, as well as various factors such as your gender, age, height, current weight, activity levels and

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If you want to lose weight and still eat the foods you enjoy, make sure you're eating lots of fresh food that's high in fiber, like fruits, vegetables, and beans. Instead of unhealthy high-calorie foods, add good fats to your diet from avocados, nuts, and olive oil, which will keep you feeling full. Try to eat your meals slowly while sitting down at a table and using utensils, since these

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You have to eat fewer calories than you burn. "Certain foods can help you shed body weight," says Heather Mangieri, RD, a spokeswoman for the Academy of Nutrition and Dietetics, "because they

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How Many Calories Should You Eat To Lose Weight

You will lose weight as long as you burn more calories than you're consuming. The average man needs approximately 2500 calories a day to sustain their current weight while the average woman requires 2000. If you eat less than this amount, you will likely lose weight. Specifically, research shows that men need to eat 2000 calories a day to lose a pound per week while women need 1500.

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What Should You Eat to Lose Weight Freeman's Fitness

One of the most common questions I get is "what should I eat if I want to lose weight?" Most people want the answer of specific foods. You should eat steak, vegetables, or some sort of superfood combination for optimal health.

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If you do eat back the same number of calories that you burned, then you will lose weight at the same rate as indicated in your calorie calculator result. Be careful, however, it's very easy to eat more calories than you burn after exercise.

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How Much Protein Should I Eat to Lose Weight Verywell Fit

If you're a typical dieter, you've probably wondered, "how much protein should I eat to lose weight?" You want to know how much protein you need per day for effective weight loss. The answer can be confusing because at the grocery store you see that protein is being added to many of your favorite diet foods.

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How Walking Can Help You Lose Weight and Belly Fat. Walking is a great form of physical activity that's free, low risk and easy to do. Importantly, it can also help you lose weight and belly fat.

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What to Eat to Lose Weight Fast Healthfully

If you want to lose weight quickly, it's important to watch what you eat. Weight gain occurs when the body consumes too many calories. The excess calories are stored as fat, resulting in weight gain. Eating foods that are low-calorie, healthy and positively affect your metabolism will assist in shedding unwanted pounds quicker.

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