

## HOW MANY CALORIES I NEED TO EAT TO LOSE WEIGHT

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[How Many Calories Should You Eat Per Day To Lose Weight?](#)

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.

[CalorieKing - How Many Calories Should You Eat](#)

This calorie target will allow you to lose weight at a healthy and sustainable rate of 1 to 2 lbs per week. To maintain your weight you should eat to calories per day. [How Many Calories Should I Eat to Lose Weight? - Verywell Fit](#)

The weight loss calculator may say that you need to eat 1,200 calories per day to lose weight. But you don't think that you can cut enough food from your diet to reach that number. That's OK. You can simply add exercise to your weekly routine to account for a few extra calories.

[How Many Calories Should You Eat to Lose Weight? | SELF](#)

"One pound of fat is around 3,500 calories, and safe fat loss is one to two pounds per week," says White. To lose one pound of fat per week, you'd need a 500-calorie deficit each day. Instead of creating that deficit solely by eating less, White recommends mixing in exercise as well.

[How Many Calories to Eat/Burn to Lose 5, 10, 20, 50 Pounds](#)

You'll need to burn an extra 70,000 calories to lose 20 pounds; depending on your starting weight it may take you 20 weeks or more to lose the weight. Set short-term goals and keep food and weight diaries to help you track your progress.

[How Many Calories Do I Need to Eat to Lose Weight?](#)

This ...

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

[How to Calculate How Many Calories You Need to Eat to Lose ...](#)

To calculate how many calories you need to eat to lose weight, calculate your basal metabolic rate, which tells you how many daily calories you need to keep your body functioning. Next, multiply your BMR by the activity factor representing the number of daily calories you burn through activity. To lose 1 pound of fat each week, you need a deficit of 3,500 calories over the course of a week. [how many calories you should eat to lose weight - eatthis.com](#)

To drop a digit on the scale, you'll need to drop 500 calories a day, as White suggests, and eat a weekly dose of 21,200 instead. But that doesn't mean you should be chugging sodas and eating brownies on the reg as long as you fall under this calorie ceiling.

#### How Many Carbs Should You Eat Per Day to Lose Weight?

Reducing the amount of carbs you eat is one of the best ways to lose weight. It tends to reduce your appetite and cause automatic weight loss, without the need to count calories.

#### This is how many calories you need to cut in order to lose ...

While you may initially lose weight on a 1200 calorie plan, over time you will find that you may actually need to eat an extra 200-300 calories to continue to lose weight.

#### 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.