

## HOW MANY CALORIES I SHOULD 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.

[How Many Calories Should I Eat to Lose Weight? - Verywell Fit](#)

If you cut more calories, you'll lose weight faster. But it is not safe or practical to cut too many calories. Very low-calorie diets (less than 800-1000 calories per day) can backfire and should only be followed with a doctor's supervision.

[How Many Calories Should I Eat A Day To Lose Weight ...](#)

Knowing how many calories you should be eating a day in order to lose weight is a great way to put you on the fast track to weight loss: not only are you going to improve your dieting regime, you're also going to see an improvement in your eating habits.

[How Many Calories Should I Eat A Day To Lose Weight or ...](#)

[How Many Calories Should I Eat A Day To Lose Weight or Gain Muscle? Last Updated on August 15, 2018 by Jay](#) Despite the claims of various misinformed people, diet cults, pseudoscientific nutjobs and the countless experts willing to say whatever is needed to make money selling you bullshit, calories are the most important part of your diet.

[Daily Calorie Intake: How Many Calories Should I Eat to ...](#)

Then, we'll take a deeper look at calories and try to answer the question how many calories should I eat to lose weight. At the end of the day, the specific number of calories you should eat are entirely based on your metabolic rate.

[How to Lose Weight: How Many Calories Should I eat?](#)

If you eat less, you will use more reserve fuels for energy and lose fat and muscle weight. And if you eat more, you store more reserve fuel and gain muscle and/or fat. This is the calorie balance equation for weight management: calories in versus calories out.

[How Many Calories You Should Eat to Lose Weight - Health](#)

If you're hitting your daily calorie goal but you're eating fast food all day every day, you might lose some weight, but you won't feel good doing it. If you want to lose weight and improve

[Book Of Known Knowledge: A Definitive Encyclopaedia Of Existing Information](#)

**How Many Calories Should I Eat a Day to Lose Weight?**

How many calories should I eat a day to lose weight? is a very good question. What you put in your mouth determines whether or not you're in a deficit, and is the primary factor in whether or not you are losing weight. For super active people weight loss might be possible at 4,000 calories a day, while some people may have to go down to down as low as 1,200 to shift fat at an adequate

**How Many Calories Should a Man Eat While Trying to Lose ...**

Calorie Deficit. For example, if you generally consume 2,500 calories a day, aim for 1,500 to 2,000 calories daily during weight loss. Doing this should help you drop about 1 to 2 pounds weekly, which is slow but better for long-term success. For a more significant weight loss of 3 pounds or more weekly, medical supervision is recommended.

**How Many Calories Should I Eat to Lose Weight? | Shape ...**

Here is the Harris-Benedict equation to find out how many calories a woman should eat a day:  $BMR = 655 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$  You just need to plug in your age, height, and weight.

**Free Weight Loss Calculator: How Many Calories Should I Eat?**

This calorie calculator will show you how many calories you need to eat per day to lose weight. How To Calculate Your Daily Calories For Weight Loss To use my Weight Loss Calculator, All you do is type in your age, gender, height and weight.

**How Many Calories Should I Burn a Day to Lose Weight?**

If you are trying to lose weight, the first thing you should find out is how many calories you need to burn every day. Knowing how many calories you burn each day will help you figure out how many calories to consume so that you create a calorie deficit that will lead to weight loss.

**This Is How Many Calories A Week You Should Eat For Weight ...**

Be careful never to let your number drop below 8,400 a week, though. This is the equivalent of only 1,200 calories a day and, according to White, can have the opposite effect on your weight.

**How Many Calories Should a Woman Eat per Day to Lose ...**

The supplied calculations help you estimate how many

calories you burn daily and how much you can eat to maintain your weight. If you want to lose weight, conventional advice is to trim 500 to 1,000 calories from what you burn daily. This size calorie deficit yields a manageable loss of 1 to 2 pounds per week, since one pound equals 3,500 calories. So, if you determine you burn 2,400 calories

**How Many Calories Should I Eat to Lose Weight |**

**FAQs**

How Many Calories Should I Eat to Lose Weight? The amount of calories you need to eat depends on a number of different factors including your age, weight, body, gender, and activity level. That being said, each person has unique individual attributes that are the basis of caloric needs and consumption.