

HOW MANY CALORIES DO I EAT TO LOSE WEIGHT%0A

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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 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 .

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

I am wondering how many calories should I eat a day to lose 2 pounds a week and how many calories should I be burning per day. Thank you. She will see me back at her office in May if I am not losing weight and blood pressure going down She wants to put me on blood pressure meds which I do not want.

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

A: Calculating the number of calories you need to lose weight is a relatively simple, three-step process. (And it will help you figure out how to lose 10 pounds safely .) The Harris-Benedict equation is the most widely used method of calculating your calorie needs (and thus how many calories you need for weight loss).

How Many Calories Should I Eat to Lose Weight | FAQs

With these basic needs in mind, to maintain weight, a female should target a diet consisting of 2000 calories and males should consume 2500 calories. With respect to weight loss, being in a caloric deficit is the goal.

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

How many calories should I eat a day to lose weight? As many as you can while losing at a healthy rate (0.5-1% of bodyweight per week). As many as you can while losing at a healthy rate (0.5-1% of bodyweight per week).

How Many Calories Should I Eat A Day To Lose Weight

So for example, if you're a 180 pound man who lifts weights 3x per week, walks around the office, and stands up every once in a while, then you would eat approximately 2160 calories per day (180*12=2160) to lose 1 pound per week.

How Many Calories Should I Eat A Day To Lose Weight or ...

So, using our same example from before, this person could potentially eat 2000 calories a day, or eat 2500 calories a day and then burn 500 through some form of exercise, or eat 2250 and burn 250, or anything similar.

CalorieKing - How Many Calories Should You Eat

To lose weight you should eat, to calories per day This calorie target will allow you to lose weight at a healthy and sustainable rate of 1 to 2 lbs per week.

How Many Calories to Eat/Burn to Lose 5, 10, 20, 50 Pounds

To burn extra calories you can either eat less, exercise more, or do a combination of the two. Depending on your weight loss goal and your eating and exercise habits, the length of time it will take you reach your goal weight will vary. Below are some tips on how to lose 5, 10, 20 or 50 pounds.

How Many Calories Should I Eat Per Day To Lose Weight ...

Learn exactly how many calories you should eat per day to lose weight and lose fat. Also find the ideal caloric deficit and rate of weight loss. Also find the ideal caloric deficit and rate of weight loss.