

## HOW MUCH CALORIES DO I NEED 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 pound of weight per week. However, this depends on numerous factors.

## How Many Calories Should I Eat to Lose Weight?

The calculator will then give you your calories required on a week-to-week basis to reach your goal weight. NB: Any (-ve) negative values are shown in red, ie trying to lose 50 pounds in 1 week is not possible. Values in yellow indicates a very low calorie intake. As a rule of thumb you should not eat below 1200 calories for female and 1600 calories for male. 3 Ways To Reduce Calories. 1. This Is How Many Calories You Actually Need - BuzzFeed

Since 1 pound = 3,500 calories, in order to lose 1 pound a week, you'd need to have a weekly calorie deficit of 3,500 calories, Kohn says. That means you'd need to eat 3,500 calories fewer than you're using throughout the week.

## 'How Much Weight Loss' Calculator - Health Weight Forum

The fewer calories you eat the faster the weight loss.\* You can select preset number of calories and/or specific diets. Weight loss with specific diets can only be estimated, however. \*Women should never go below 1,000 calories per day and men should never go below 1400 calories per day.

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

Knowing how many calories you burn each day will help. When do you lose The amount of calories you need to burn per day, depends on how much you

## How Many Calories Do I Need Each Day? - Verywell Fit

Add your active metabolic rate and you have your daily calorie need. How Many Calories Do I Need Each Day How Much Protein Do You Really Need for

## How Many Calories Should I Eat to Lose Weight?

That's the number of calories your body needs to function when it is at rest. Then, based on your personalized lifestyle information, the calculator adds the number of calories you need to fuel your body for daily activity. Finally, it either adds calories to gain weight or subtracts calories to help you lose weight.

## Calories to Lose Weight HealthStatus

Home calculators Calories to Lose eat on a daily basis if

[Mary Renault Skylander Epub](#)

you are trying to lose weight. Learn how many calories to lose weight How much fat are

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

How Many Calories to Eat/Burn to Lose 5. In order to lose pounds it's important to understand how many calories you'll need to or do a combination

**Calorie Calculator - Daily Caloric Needs - Freedieting**

Do your best estimate of how much exercise you will be doing. The results will show how many calories you may eat in order to maintain or lose weight. You don't need to adjust this depending on your exercise rate that is factored into the equation. The maintenance value is the same as what some people call Total Daily Energy Expenditure (TDEE).