

## CALORIES PER DAY 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

#### Calorie Calculator

1 pound of body weight, or approximately 0.45 kg, equates to about 3,500 calories. As such, in order to lose 1 pound per week, it is recommended that 500 calories be shaved off the estimate of calories necessary for weight maintenance per day.

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

So, if you determine you burn 2,400 calories per day, you need between 1,400 and 1,900 calories per day to lose weight. Larger or more active women can eat more and still lose weight, while more petite women may need to restrict calories further to see results.

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

Ultimately, the amount of calories you should have per day to lose weight is going to be different for everyone. A lot of it depends on what your end goals are for yourself. Somebody that wants to lose 50 pounds is going to have a much different calorie count than somebody that is only looking to drop 5 pounds.

### How Many Calories Should I Eat a Day To Lose Weight ...

If someone desires weight loss, a common recommendation is to take between 250-500 calories off your recommended calorie level. For example, if your estimated calorie need is 1,600 calories per day, dropping your intake to 1,100- 1,350 calories per day has traditionally been recommended for weight loss.

#### The Average Calories Per Day for Men - Verywell Fit

A 50-year old man should consume about 2573 calories per day to maintain his weight A 60-year old man should consume about 2496 calories per day to maintain his weight A 70-year old man should consume about 2418 calories per day to maintain his weight A lightly active 80-year

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

So if you burn 2000 calories per day without exercise, but then burn 2250 calories per day on the days you exercise, your maintenance level on those days is 2250 in which case your 200 calorie surplus on those days would be

2450.

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

Determining a Calorie Deficit for Weight Loss. A pound of fat equals 3,500 calories, which means, to lose 1 to 2 pounds per week, you need to burn off 500 to 1,000 calories more per day than you consume — or between 3,500 and 7,000 calories per week.

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

The calorie calculator allows you to calculate how many calories you should eat a day in order to lose a certain amount of weight by a certain date. Maximize your weight loss efforts by using the results from this calculator and apply them to this visual hack .

### **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 Should I Eat a Day? - Verywell Fit**

Eat 1,300 (100 extra) calories each day and add a short evening walk to your daily routine to burn the extra 700 calories each week. Eat 1,400 (200 extra) calories each day and add a HIIT workout to your schedule two times per week and three 30-minute walks during the week to burn the extra 1,400 calories each week.

### **Calories Per Day Calculator - ShapeFit.com**

Hi Ann Once you have your base daily calories per day using the calculator, you will want to create a deficit of 500 calories per day in order to lose 1 pound per week (3,500 calories in a pound). To lose 2 pounds per week you will want to increase the deficit to 1,000 calories per day. The best way to do this is a combination of exercise and diet so try decreasing your caloric intake by

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

Just add about 250 calories to your current daily caloric intake (so if you were just eating 2500 calories per day, you'd now eat 2750 calories per day) and then monitor what your weight does over the next couple of weeks. Based on what happens, come right back here and follow the appropriate instructions.

### **Precision Nutrition's Weight Loss Calculator: Here's what ...**

Yes, conventional wisdom states that reducing your intake (or increasing your expenditure) by 500 calories a day should lead to about 1 pound of fat loss per week (500 calories a day x 7 days = 3500 calories a week = 1 pound). But that conventional wisdom is wrong.

### How Many Calories You Should Eat to Lose Weight - Health

On average, a moderately active woman between ages 26 and 50 should get about 2,000 calories per day to maintain a healthy weight, according to the USDA's Dietary Guidelines for Americans.