Weight Loss

Add a zero to your weight for caloric intake per day 135 plus 0 1350

Dear Friend,

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Many of us have once again resolved to improve our health and lose those unwanted extra pounds. Without exception, research studies prove that you can't lose weight if you overdo it on the calories. Therefore, one of the first steps to weight control is determining how many calories you can consume to maintain your weight.

Figuring out your exact calorie needs can be a bit complicated. But here's an easy way to get into the right ballpark: just put a zero on the end of your weight. If you weigh 135 pounds, add a zero to get 1,350. If you weigh 160 pounds, add a zero to get 1,600. This general guideline will give you an approximation of how many calories you can consume each day without gaining weight, and without doing intentional exercise. For the rest of the story, see [How do I calculate the caloric intake that will help promote weight loss?](http://whfoods.org/genpage.php?tname=george&dbid=390)

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