

# Readjusting calorie consumption as you lose weight

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pounds a week.

So, without lowering the total number of calories you're eating on your diet, that 2 pound-a-week weight loss could drop off a bit. You'll still lose weight, just not as fast.

To keep losing at the same rate, increase exercise, reduce calories, or try a combination of both. High-protein and high-fiber foods are often more satisfying, so choosing fish and whole-grain cereals, for example, will help you feel fuller on less.

For a more exact approach, try an [online calculator](#) that uses your height, [weight](#), age and activity level to determine your changing calorie needs. Recalculate every time you lose 5 to 10 pounds.

(HealthDay)—If you find that your weekly weight loss is slowing down, maybe it's time to readjust your calorie intake.

First, some calorie math.

Your calorie baseline is the number of [calories](#) you need to maintain your weight. Most diets are based on reducing that number by 1,000 calories a day for a two-pound-a-week loss. But the less you weigh, the fewer calories needed to maintain your weight, and fewer still to lose weight. For instance, you need about 100 fewer calories a day if you drop from 160 to 140 pounds.

For example:

- If you're moderately active, it takes about 2,250 calories a day to maintain 160 pounds, and 1,250 calories a day to lose 2 pounds per week.
- If you're moderately active, it takes about 2,150 calories a day to maintain 140 pounds and 1,150 calories a day to lose 2

**More information:** To learn more, visit the [U.S. Department of Agriculture](#).

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