Weight Management

How Much Calories

Should

You Eat Per Day

Obesity is a medical problem is abnormal accumulation of fat to the point that it presents a risk to the individual's health. At an individual level, obesity is caused by a combination of excessive food intake and lack of physical activity. A limited number of cases are due to genetics, underlying medical conditions like hormonal imbalances, or psychiatric illness. The society is also partly to blame for the increase in number of obese individuals because of the increasing availability of fast food and ready to eat food, energy-saving technologies in houses and offices, and dependence on cars for transportation even for short trips which can sometimes be completed with mere walking.

Diseases that are brought about by obesity are numerous and they include congestive heart failure, hypertension, hypercholesterolemia, hyperglycemia, joint disorders and chronic lumbar pain. Obese individuals are also at higher risk for developing obstructive sleep apnea and some kinds of malignancies. Obesity can also give rise to pregnancy complications as well as birth defects. As you can deduce from such examples, obesity is a multi-organ problem, and these diseases can rob you of the opportunity to have a long, fulfilling life.

In order to lose weight, one has to reduce calorie intake and increase physical activity through exercise. Prior to starting any weight reduction program, you need to answer this query first, how many calories should I eat a day? There is no fixed answer as to how many calories one is required to take in because we differ considerably in the rate at which we burn calories, as well as how active we are. If you make the same query, that is, how many calories should I eat a day, to a nutritionist, he or she would probably make use of the Harris-Benedict equation to determine the

answer. There are also calculators available online made from the same formula which will show you how many calories you need to eat to achieve your fitness objective, which is in this case, losing weight.

Apart from minding the amount of calories, you also need to be more selective of the quality of food you are taking. In general, you should refrain from eating fast food offerings and ready to eat food as they are usually calorie-dense and packed with saturated fat, salt, and simple sugars. You should eat more negative calorie food items instead. They are known by such a moniker because these food items burn more calories to be digested, than what they actually contain. Examples of negative calorie food items are grapefruits, apple, lettuce, and broccoli.

However, on its own, diet can only do so much. You need to increase your physical activity as well. Alternatively, you can engage in planned exercise. Just remember to spend at least 300 minutes for cardiovascular exercises. To help increase your metabolism and tone your body, it would be good to do resistance training on two or more days of your week as well.