

## Recommended Calorie Intake - What Is The Recommended Caloric Intake?

The daily calorie intake that you should have in your diet varies from person to person. However, there are some basic guidelines that you can follow. The recommended daily calorie intake if you are of normal weight is 1940 calories a day for women and 2550 calories per day for men. These numbers are intended for those who do not practice a daily exercise routine. The amount of exercise you do affects the number of calories you should have in your diet because the body burns the calories at a faster rate when you workout. The number of calories your body needs for all its functions also depends on your age, weight, height and the overall composition of your body, such as your bone structure. If you are overweight, you will need to eat less than these recommended amounts in order to lose the desired number of pounds. A healthy diet should allow you to lose about 2 pounds per week, but there are weeks where the loss may be lower or higher. Each pound of fat that you have on your body is made up of about 3500 calories. Multiplying the number of pounds you want to lose by this number and dividing it by a reasonable amount of time will give you an approximate number of calories you should consume each day. When counting calories, you should look at the food pyramid to ensure that you are getting the right foods for the nutrients your body needs. There are also many nutritious foods that contain negative calories, which will certainly help you maintain your weight. If you work out you need to be very cognizant of the calorie intake to ensure that your muscles are getting the right amounts of water and elements they need to remain strong and healthy.

## About the Author

Nutrition The International Journal of Applied and Basic Nutritional Sciences. Nutrition is the associate journal of three international.

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