

## MORE QUESTIONS AND ANSWERS

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### **Can you lose 1 pound of fat a day?**

No, you cannot. For you to lose 1 pound of fat (or 0.4 kilograms) a day, you have to burn about 3500 calories (5). As a general rule, women and men require 2000 and 2500 calories, respectively, each day (20). To lose any extra weight, you need to cut about 500 to 1000 calories from your average.

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### **Is 1 pound of fat really 3500 calories?**

It's been estimated that the 3,500-calorie rule is cited in more than 35,000 educational weight-loss sites. 1 In September, the Journal of the American Medical Association published a patient handout titled Healthy Weight Loss, in which the first sentence states, "A total of 3,500 calories equals 1 pound of body fat."

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### **How long does it take to lose 1 lb of fat?**

Current guidelines say 0.5 to 2 lb a week. This is based on a daily calorie deficit of 500 calories. As one pound of fat contains 3,500 calories, an individual should technically lose 1 lb over seven days.

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### **How many calories is 1g of fat?**

A gram of fat, though, contains 9 calories — more than twice the amount of the other two. That's why one food with the same serving size as another may have far more calories. A high-fat food has many more calories than a food that's low in fat and higher in protein or carbohydrates.

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