

Published based on [How Calories Affect Weight Loss.](#)

How Calories Affect Weight Loss.

We are always reading about calories. What does it all mean? Let's take a journey and discover how calories affect [weight loss](#).

Wikipedia defines calories as:

Food energy (calorie) is the amount of energy in food that is available through digestion.

What exactly does that mean? I'll try to keep this really simple, a calorie is a unit of energy. The food you eat provides the energy (fuel) for your body. You have to provide your body with good fuel (healthy food) to keep your body functioning properly.

Think of your body as a car and food as gas. Your car only burns the gas it needs to get you from one place to another. If you only drive a short distance you won't use very much fuel. If you travel long distances at high speed you will burn more. If you don't use your car the gas just sits in the tank. This is where the comparison ends because a gas tank has a finite volume whereas the human body will continue to expand as more unburned fuel (food) is added.

So what does this mean for weight loss? A person who is sedentary will only burn about 1000 calories per day. A world class athlete will burn about 5000 calories. We need to adjust our caloric intake to match our activities. It's all math really, calories in vs calories out. If there are more calories coming into your body than you are burning your body will store the fat to save energy for later.

To lose weight you need to:

1. Decrease the amount of calories you are eating.
2. Increase the amount the number of calories you burn.
3. Ideally you will decrease the amount of calories consumed and increase the calories burned. It is important also to get good quality calories (a [diet](#) that consist of whole grain carbohydrates, fruit, vegetables and lean meats) empty calories will leave you hungry and your body starved for nutrition.

It sounds simple. Check out [How calories affect weight loss](#) If you want to [Learn More About How calories affect weight loss](#)? Click on the link.

Check out this blog to discover how to [lose 10 pounds](#).

You can also find this article published on [How Calories Affect Weight Loss](#)., and on the tag pages [calories](#), [digestion](#), [energy](#), [healthy food](#), [weight](#), [weight loss](#).