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What are the best diets for women?

Losing weight is simple math you need to expend more calories than you consume. One pound of fat equals 3500 calories. If you want to lose a pound a week you need to consume 3500 calories less per week than you use. That's approximately 500 calories a day. If you cut about 500 calories a day from your normal daily diet, and maintain your activity level your body will shed a pound a week.

Check out the [best diets for females](#) .

It may be frustrating if you have a lot to lose to think of only one pound a week. We've all searched for the illusive diet that will take off the weight quickly. These crash diets may help you get the weight off quickly but they are not good for your body and always end with you gaining the weight back plus some extra pounds. Losing weight at a rate of 1-2 pounds per week is a healthful way to lose weight and keep it off permanently.

So how much exactly *IS* 500 calories? How do you drop 500 calories a day? Read these hints...

* Use milk instead of cream in your coffee. This will save you 50 calories per cup. Multiply 50 times the number of cups you consume and this could really add up.

* Skip the butter on your baked potato. This will save you about 100 calories

* Drinking fruit-flavored water instead of a 16oz pop will save you about 200 calories.

* Have a salad instead of a Big Mac which has a whopping 460 calories. A fresh salad with a light dressing is healthier for ? Less than 100! Savings? 360 calories

* Pass on the potato chips. An average snack size bag of chips has over 300 calories. Savings? 300 calories

* Eat an ear of corn rather than canned corn. This is more healthful and fresh and 1 cup serving of canned corn has 165 calories. An ear of corn has 85. Savings? 80 calories.

* Use low-fat cream cheese on your bagel. Savings? 90 calories per ounce.

* Do you love french fries? Can't see yourself giving them up? Swap your skinny fries with the steak cut fries. Thinner fries absorb more oil than the thicker, meatier ones. Savings? 50 calories per 4 ounce serving

An alternative (or complement) to cutting your calories.

* Take a half-hour walk. Walk fast enough that you can still talk but are slightly out of breath. Or walk slowly for three minutes, speed walk for three minutes and repeat until the half hour is up. This will help you burn: 160 calories.

* Take a bike ride. Aim to ride about five miles and alternate flat trails and hills. This will help you burn: 250 calories

* DANCE! That's right get up and dance. You can do this at home. Close the curtains crank the music and enjoy yourself. If you want to go out and dance this will also save you calories because the longer you are out on the floor the less high calorie drinks you are consuming. If you dance until you are breathless you can burn up to: 400 calories for one hour

* Go swimming, it's great for your body and a lot of fun too. Swimming has no impact on your joints and the water offers resistance to help you build muscle. Work up to swimming for an hour and you can burn up to: 510 calories

* Garden. An hour of rigorous gardening including, bending and stretching can burn as many calories as a brisk walk. Burn up t : 250 calories/hour.

* Play tennis. Get together with a friend for a weekly tennis game or join a club where they can match you with partners at your level. One hour of vigorous tennis can burn up to: 800 calories

All of these calorie burning statistics are based on a woman of 130 lbs. If you weigh more (which you probably do if you are looking to lose weight), you'll burn more.

For the best results combine cutting calories and adding in more exercise. Do not consume less than 1000 calories a day because this will convince your body that it's starving and slow your metabolism.

Click on this link to find the [best female weight loss diet](#) website for more information.

Check out this blog in order to know more about [how to loose weight!](#)

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