Set a calorie deficit safely

Work out your own number, keep the cut modest and involve a clinician when needed.

- [ ] Estimate resting energy with the Mifflin-St Jeor equation.
- [ ] Multiply the result by the lower activity factor if unsure.
- [ ] Subtract a modest deficit, such as 300 to 500 calories a day.
- [ ] Weigh portions and count drinks, oils and condiments.
- [ ] Track your weight for several weeks before changing the target.
- [ ] Talk to a GP before dieting with a medical condition or eating disorder history.
- [ ] Avoid very low calorie plans unless a clinician supervises them.
- [ ] Skip this method during pregnancy, breastfeeding or childhood.

Notes

For general education only. Not a substitute for professional medical advice.
Read the full article: https://healthhorizonguide.com/nutrition/calorie-deficit/