



## Cost of Low-Calorie Diets

---

	Basal Metabolic Rate (BMR)	Calories from Diet	BMR – Diet Calories
Normal Eating	2000 Kcals	2000 Kcals	0 Kcals
Start of Diet	2000 Kcals	1500 Kcals	-500 Kcals
Plateau Stage of Diet	1500 Kcals	1500 Kcals	0 Kcals
Return to Normal Eating	1500 Kcals	2000 Kcals	+500 Kcals

\*Please note that the calories used are for simplicity reasons and may not accurately reflect an actual diet or BMR.

### Notes:

- Notice that once the diet is finished, your basal metabolic rate is lower than its original state.
- If you were to continue lowering calories, your BMR would get lower and make a bigger deficit when returning to a normal diet.
- It takes (+/-) 3500 Kcals to lose or gain a pound of fat.