



7 Essential Questions About Fat Loss — Answered!

1. Do I really have to count calories to lose weight?

Not necessarily. While tracking calories is the most straightforward way to ensure you're in an energy deficit, it's not the only method. Simple habits like reducing portion sizes, eating within a specific window, or focusing on high-protein, high-fiber foods can naturally lead to calorie reduction. The key is creating habits that support a calorie deficit without obsessing over every number.

2. How many calories do I actually need?

Gaining weight? You're likely consuming more than your body needs. But calculating your ideal intake isn't one-size-fits-all. Using your height as a guide can be more reliable than focusing solely on weight, which varies greatly due to muscle mass and other factors. For example, nutritionist suggests starting with around 2,000 calories for maintenance and adding about 70 calories for each inch above 5 feet. From there, subtract roughly 10% to create a calorie deficit and adjust based on your progress.

3. Should I eat the same number of calories every day?

Not at all. Flexibility is your friend. Some people prefer tracking weekly averages or cycling calorie intake—having a lower-calorie day, then a day at maintenance, and another above. This approach can make the process feel less restrictive and more sustainable over the long haul.

4. Which matters more: food quality or quantity?

Both are important, but they go hand in hand. While your total calorie intake determines weight loss, the quality of foods influences your energy, satiety, and overall health. Prioritise nutrient-dense foods rich in vitamins and minerals, but remember, balance and enjoyment matter too—strictly defining every meal by its nutritional profile isn't necessary.

5. Is protein really as crucial as everyone says?

More than just important—it's a game-changer. Studies show that eating more protein (around 1.6–2 grams per kilogram of your body weight daily) can promote fat loss, preserve muscle, and even help build lean mass when combined with strength training. Protein helps you stay full, reduces muscle loss, and supports your fat-loss journey.

6. Should I cut out carbs altogether?

Not necessarily. Once your calories and protein are sorted, carbs and fats are just variables. If you're eating a lot of carbs and struggling to lose weight, reducing them might help—especially if they constitute a large part of your diet. The goal is to find a balance that keeps you energised, satisfied, and progressing. Experiment to discover what works best for you.

7. Is it better to eat six small meals or two big ones?

Sustainability beats perfection. Some research suggests spreading out your meals can support fat loss, but the most important thing is consistently hitting your calorie and protein targets. Whether you prefer small meals or fewer larger ones, choose a routine that fits your lifestyle. The key is consistency, not perfection.