



I'm not robot



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Calories are units of energy that a food or drink provides. carbohydrates, fats and proteins are the types of nutrients that have calories and are the main energy sources for your body. calories are the energy in food. since 1925 this calorie has been defined in terms of the joule, the definition since. the calorie was originally defined as the amount of heat required at a pressure of 1 standard atmosphere to raise the temperature of 1 gram of water 1° celsius.

how to use this calculator this calculator uses your age, size, sex, and activity level to estimate the number of calories you should eat per day to maintain your weight. get the nutrition lowdown on all your meals and everything in between. calorie, a unit of energy or heat variously defined. your body has a constant demand for energy and uses the calories from food to keep working. find out the calories, carbs, fat, fiber, and more in over 37, 000 foods and drinks. energy from calories fuels your every action, from fidgeting to marathon running.

whether you're eating out or dining in. you can adjust this number. you can usually find calorie counts listed on food items, and wearables like the best fitness trackers allow you monitor how many.