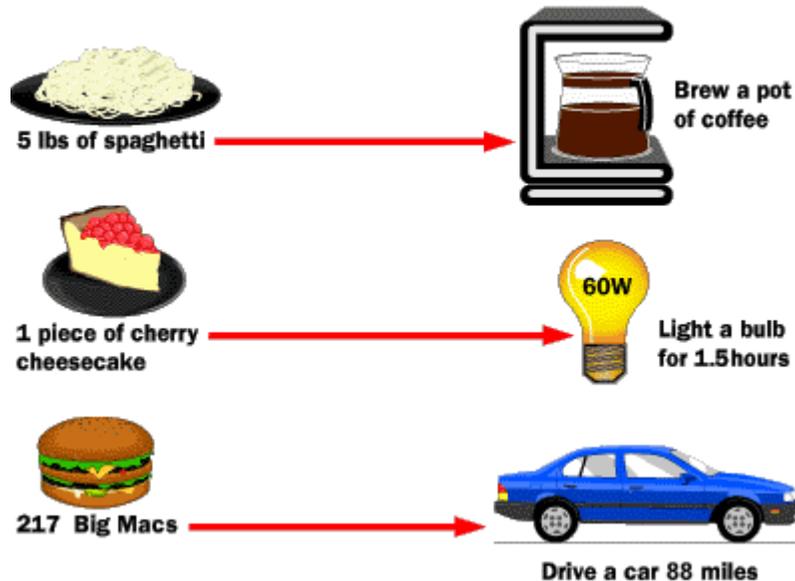




The Calories in these items could:



What is a Calorie?

A unit equal to the kilocalorie, used to express the heat output of an organism and the fuel or energy value of food. It is a quantity of food capable of producing an amount of energy. The amount of energy equal to exactly 4.184 joules.

KiloCalorie = 1000 calories (Kilo = 1000)

Joule = unit of energy

What does this mean?

A calorie is basically food energy. Without calories, we don't have energy. Think of it as currency – if you don't pay the phone bill, the phone won't work, if you don't 'pay' your body, it simply won't work.

So how many calories does my body need to make it work?

People come in all sizes and each person's body burns energy (calories) at different rates, so there isn't one perfect number of calories that people should eat. But there are recommended ranges:

School-age kids: 1600 to 2200 per day

Teenagers: 2500 – 2800 per day

Adult female: 2000 per day

Adult Male: 2500 per day

How do I know how many calories my food has in it?

Calories are always listed on the nutritional information label but see below for a rough guide:

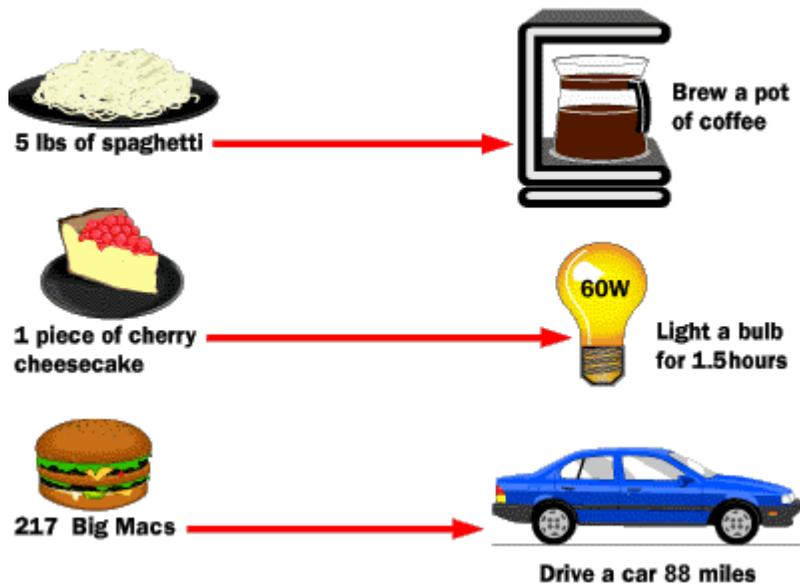
1 gram carbohydrate = 4 calories

1 gram protein = 4 calories

1 gram fat = 9 calories



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