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### **Calories What Is A Calorie**

A calorie is a unit of energy. Historically, scientists have defined

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"calorie" to mean a unit of energy or heat that could come from a variety of sources, such as coal or gas. In a nutritional ...

### **What Are Calories? | Live Science**

The calorie is a unit of energy widely used in nutrition. For historical reasons, two main definitions of calorie are in wide use. The small calorie or gram calorie (usually

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denoted cal) is the amount of heat energy needed to raise the temperature of one gram of water by one degree Celsius (or one kelvin ). The large calorie, food calorie, or kilocalorie ( Cal, calorie or kcal) is the amount of heat needed to cause the same increase in one kilogram of water.

## **Calorie - Wikipedia**

Your estimated daily

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calorie needs (rounded to the nearest 50 calories) are: See how your daily calorie needs change if you alter your activity level: calories Inactive

## **Calorie calculator - Mayo Clinic**

The calorie on nutrition fact labels we see is actually considered a kilocalorie. One kilocalorie is equal to 1,000 small calories. However, the kilo is

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usually dropped and the term “calorie” or “Calorie” is usually used in place of kilocalorie. Adjusting our calorie intake is a main way we can affect our weight.

### **What Is a Calorie?**

A small calorie (cal) is the amount of energy required to raise the temperature of 1 gram (g) of water by 1° Celsius (° C). A large calorie (kcal) is the



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amount of energy  
required to raise 1...

### **Calories: Requirements, health needs, and function**

This calorie calculator estimates the number of calories needed each day to maintain, lose, or gain weight. It provides results for the number of necessary calories based on a one or two-pound gain or loss per week. Learn

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more about different kinds of calories and their effects, and explore many other free calculators addressing the topics of finance, math, health, and fitness, among others.

### **Calorie Calculator**

A calorie is a unit that measures energy.

Calories are usually used to measure the energy content of foods and beverages.

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### What Is A Calorie

To lose weight, you need to eat fewer calories than your body burns each...

### **How Many Calories Should You Eat per Day to Lose Weight?**

Get the nutrition lowdown on all your meals and everything in between. Find out the calories, carbs, fat, fiber, and more in over 37,000 foods and drinks. Whether you're eating out or dining in

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...

#### **Food Calculator: Carbs, Calories, Fat, Protein and More**

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Appendix 2. Estimated Calorie Needs per Day, by Age, Sex, and Physical Activity Level. The total number of calories a person needs each day varies depending on a number of factors, including the person's age, sex, height,

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weight, and level of physical activity.

#### **Appendix 2.**

#### **Estimated Calorie Needs per Day, by Age, Sex ...**

The word “calorie” — with a lowercase “c” — means an amount of heat equal to 4.184 joules. In case you do not remember your basic physics, one “joule” refers to the work done by a force of one newton acts

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through a distance of one meter or to the current of one ampere passed for one second through a resistance of one ohm.

### **“Calorie” vs. “calorie” - Kirk Mahoney . com**

A calorie is the amount of energy that is needed to raise 1 gram (g) of water by 1°C. This measurement can be applied to lots of different energy

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releasing mechanisms outside of the human body. For...

**Calories burned in a day: Calculation, factors, exercise ...**

To maintain weight, the chart below shows you your daily calorie limit. It's based on your age, activity level, and the BMI (body-mass index) of 21.5 for women and 22.5 for men. To lose weight ...

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## **Number of Calories Needed to Lose, Maintain, & Gain Weight**

Definition of calorie 1 a  
: the amount of heat  
required at a pressure  
of one atmosphere to  
raise the temperature  
of one gram of water  
one degree Celsius  
that is equal to about  
4.19 joules  
—abbreviation cal —  
called also gram  
calorie, small calorie



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## **Calorie | Definition of Calorie by Merriam-Webster**

A calorie, also called a small calorie, measures how much energy it takes to heat 1 gram of water by 1 degree Celsius. There are 1,000 of these calories in a kilocalorie, or large calorie, which measures how much energy it takes to raise 1 kilogram of water by 1 degree Celsius.

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**Discover Magazine**

Scientifically, 1

kilocalorie (1000

calories or 1 kcal)

means the energy it

takes to raise the

temperature of 1kg of

water by 1°C. Calories

are units of energy so

small that a tiny cookie

can provide thousands

of them. To ease

calculations, energy is

expressed in

1000-calorie units

known as kilocalories.

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#### **What is the difference between Kcal and Calories? | Philips**

Calories are the units of energy you get from foods and beverages, and when you consume fewer calories than you burn, you achieve a calorie deficit. The calories you burn or expend each day ...

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## **Deficit, and How Much of One Is Healthy?**

From the Latin calor (heat), a calorie is a specific amount of heat energy. In the labeling of food products in the United States, a food calorie actually refers to a kilocalorie, or 1,000 calories.

## **Is a Calorie a Calorie? | NOVA | PBS**

Calories can come from

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carbohydrates (which is made up of three sub-types – sugar, starch and fibre), protein or fats. 1g protein has 4 calories, 1g carbohydrates (including sugar) has 4 calories, alcohol has 7 calories per 1g and 1g fat has 9 calories. Remember, calories come both in food and drink form.

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