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What Are Calories? | Live Science

The amount of energy in an item of food or drink is measured in calories. When we eat and drink more calories than we use up, our bodies store the excess as body fat. If this continues, over time we may put on weight. As a guide, an average man needs around 2,500kcal (10,500kJ) a day to maintain a healthy body weight.

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Calories are a well-known measure of the amount of energy in food. Knowing how many calories are in our food can help us to balance the energy we put into our bodies with the energy we use. This article is a visual guide to what 100 calories looks like.

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A calorie is a unit of energy equal to 4184 joules or 1.16 Wh. The food calorie is in fact one thousand calories (hence the name kCal in food labels - k stands for kilo, an abbreviation of a thousand). Food is made from macronutrients (carbohydrates, fats, protein, alcohol) and each of these releases a certain amount of energy when consumed.

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How many calories are in a Krispy Kreme doughnut ...

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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 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.

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