

# CALORIC

*Meaning: Caloric refers to the amount of energy provided by food, typically measured in calories, which is essential for bodily functions and activities.*

1. A caloric surplus is necessary for muscle growth during a bulking phase.
  2. Understanding caloric intake is crucial for effective weight management.
  3. Many people underestimate the caloric content of beverages like soda and juice.
  4. The caloric value of food is an important factor in a balanced diet.
  5. She meticulously tracked her caloric consumption to meet her fitness goals.
  6. Caloric density can influence how much food we eat in a single sitting.
  7. Eating a diet low in caloric content can lead to nutrient deficiencies.
  8. Caloric expenditure varies significantly between different types of physical activity.
  9. Nutrition labels provide essential information about the caloric content of packaged foods.
  10. High-caloric foods can be tempting, but moderation is key for maintaining health.
  11. The caloric content of the meal was surprisingly high for its small portion size.
  12. Many people are unaware of the caloric value of the snacks they consume throughout the day.
  13. In an effort to lose weight, she started tracking her caloric intake more carefully.
  14. The caloric density of certain foods can lead to overeating if not monitored.
  15. He adjusted his diet to include more low-caloric options for better health.
  16. Researchers have found that caloric restriction can extend the lifespan of certain animals.
  17. Understanding caloric balance is crucial for anyone looking to maintain a healthy weight.
  18. The caloric requirements for athletes can be significantly higher than those of sedentary individuals.
  19. She swapped her usual sugary drinks for options with lower caloric levels.
  20. The label indicated that the caloric value was derived mainly from healthy fats and proteins.
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