

CALORIE

Meaning: Calorie: a unit of measurement for energy, commonly used to quantify the amount of energy provided by food and beverages.

1. A slice of pizza typically contains around 300 calories.
2. Tracking your calorie intake can help you maintain a healthy weight.
3. Low-calorie snacks can be a great way to satisfy your cravings without overindulging.
4. Many fitness apps allow users to log their daily calorie consumption.
5. Eating a balanced diet is essential for managing your calorie intake effectively.
6. Calorie counts on restaurant menus can guide you in making healthier choices.
7. Some people choose to follow a low-calorie diet to lose weight quickly.
8. Understanding how calories work can help you make better food choices.
9. The calorie content of packaged foods is usually listed on the nutrition label.
10. Burning more calories than you consume is key to losing weight.

Source: sentences.whatistheurl.com

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