

CALORIFIC

Meaning: Calorific refers to the amount of energy, measured in calories, that food provides when consumed.

1. The calorific value of the food we consume plays a crucial role in our overall health.
2. High-calorific diets can lead to weight gain if not balanced with physical activity.
3. Understanding the calorific content of different foods helps in making informed dietary choices.
4. Some snacks, despite their small size, can be surprisingly high in calorific value.
5. Calorific intake should be monitored by anyone aiming to maintain or lose weight.
6. Athletes often require high-calorific meals to sustain their energy levels during training.
7. The calorific density of processed foods tends to be much higher than that of whole foods.
8. Reducing calorific consumption while increasing nutrient intake is key to a healthy lifestyle.
9. A detailed analysis of calorific values can assist in meal planning for specific dietary goals.
10. Many health experts recommend focusing on nutrient-rich, low-calorific foods for better wellness.

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