

What IS a "Calorie"? - A calorie is the unit used to measure the "energy-producing value" of FOOD. Technically, a calorie is defined as the amount of "heat" necessary to raise the temperature - of one gram of water - to one degree centigrade.

4 Sources - The calories in FOOD come from (4) different sources: 1) <u>carbohydrates</u> - 2) <u>protein</u> - 3) <u>fats</u> - 4) <u>alcohol</u>:

One gram of <u>carbohydrate</u> = **4** calories ... One gram of <u>protein</u> = **4** calories ... One gram of <u>fat</u> = **9** calories ... One gram of <u>alcohol</u> = **7** calories.

When we eat and drink "more" calories than we use up, our bodies store the excess as body FAT. If this continues, then over time, we may put on extra (and unwanted!) weight.

As A Guide - An average <u>man</u> needs around **2,500** calories a day to maintain a healthy body weight ... an average <u>woman</u> needs about **2,000** calories a day.

(Low Calorie) **PLANT**-BASED Nutrition:

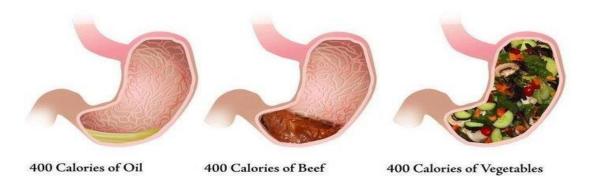




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Dr. John McDougall, MD - World renowned Physician / Author / Speaker / Nutritionist ... teaches the wisdom (and 'proof') of Plant - Based, Whole Food (S-T-A-R-C-H Centered) NUTRITION ... for halting / reversing / <u>healing</u> >>> CHRONIC DISEASES.

Caloric Density



Stretch receptors are located throughout the stomach. When they are triggered by food, they send signals to your brain to tell you to stop eating. With high fiber, whole plant foods, you can eat the most quantity for the least amount of calories.

SEE Dr. McDougall's Teachings, on CALORIES:









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But ... What About >>> P-R-O-T-E-I-N??

How Many CALORIES do I Need / Day - From my PROTEIN?

Anywhere from 10% to 35% of our <u>CALORIES</u> should come from <u>PROTEIN</u>. So, if our needs are 2,000 calories, that's 200–700 Calories from Protein, or 50–175 grams. The recommended dietary allowance - to prevent deficiency for an average sedentary adult - is 0.8 grams per kilogram of body weight.

Protein



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