

Energy calculator:

How much energy do I need?

Gender: Male

Height (cm) 173

Weight (kg) 66

Age (yrs) 21

Resting

Lightly active

Active

Very active

Kilojoules used per day

9726


Slice of toast and spread
510 kJ


Apple
220 kJ


Sandwich
1500 kJ


Muesli bar
1720 kJ


Roast chicken
900 kJ


Water
0 kJ


Five squares chocolate
558 kJ


Slice of toast and spread
510 kJ


Banana
340 kJ


Salad vegetables
210 kJ


Flavoured yoghurt
420 kJ


Steamed rice
520 kJ


Water
0 kJ


Reduced fat milk
510 kJ


Cooked vegetables
650 kJ


Noodles
625 kJ


Roast chicken
900 kJ

Morning

Afternoon

Evening

kJ in kJ out



367

Kilojoules

Kilojoules eaten per day

10093