

Energy calculator: How much energy do I need?

Gender: Male

Height (cm) 173

Weight (kg) 67

Age (yrs) 21

Resting

Lightly active

Active

Very active

Kilojoules
used per day

11053


Slice of toast
and spread
510 kJ


Banana
340 kJ


Water
0 kJ


Steamed
rice
520 kJ


Muesli bar
1720 kJ


Lamb
1150 kJ


Omelette
785 kJ


Slice of toast
and spread
510 kJ


Apple
220 kJ


Roast
chicken
900 kJ


Five squares
chocolate
558 kJ


Slice of
bread
306 kJ


Reduced fat
milk
510 kJ


Salad
vegetables
210 kJ


Water
0 kJ


Slice of
bread
306 kJ


Cooked
vegetables
650 kJ

kJ in kJ out



-1858

Kilojoules

Kilojoules
eaten per day

9195

Morning

Afternoon

Evening