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kalori makanan adalah dengan  
menghitung zat gizi makro seperti  
protein karbohidrat dan lemak dalam 1  
gram protein dan karbohidrat  
aplikasi penghitung kebutuhan kalori  
harian dan - Dec 01 2021

**tabel kalor jenis berbagai bahan**  
**jenis id** - Mar 04 2022

*tabel kalori makanan asia fitness today*  
- Oct 31 2021

**pdf tabel kalori makanan dokumen**  
**tips** - Jan 02 2022