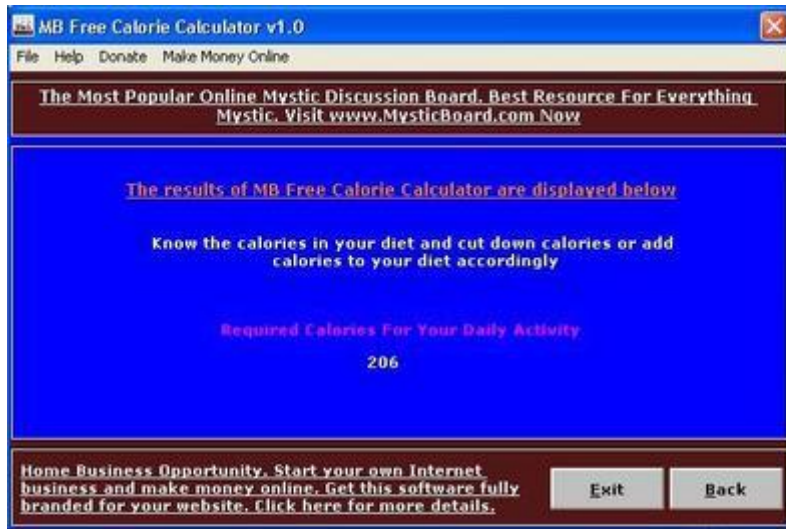


Ideal Weight Calorie Calculator



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A calorie is a unit used to measure energy. We get energy for our physical activity through the food we intake. We need to calculate the daily calorie intake that our body requires. This is calculated on the basis of our height, weight, age, gender and daily activities. Over eating and unwanted calories can lead to obesity. Wanting to lose weight doesn't mean that we stop eating totally. Our body requires calories to perform different functions. We get these calories through the different kinds of food we intake. The Harris-Benedict equation helps us determine the daily needed calorie intake. This equation calculates the basal metabolic rate (BMR) and then adjusts it according to the type of daily activity to give the right amount of calories needed. Please read the license-personal-use.txt and Install-Readme.txt.

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