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web apr 5 2023 cara menghitung 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