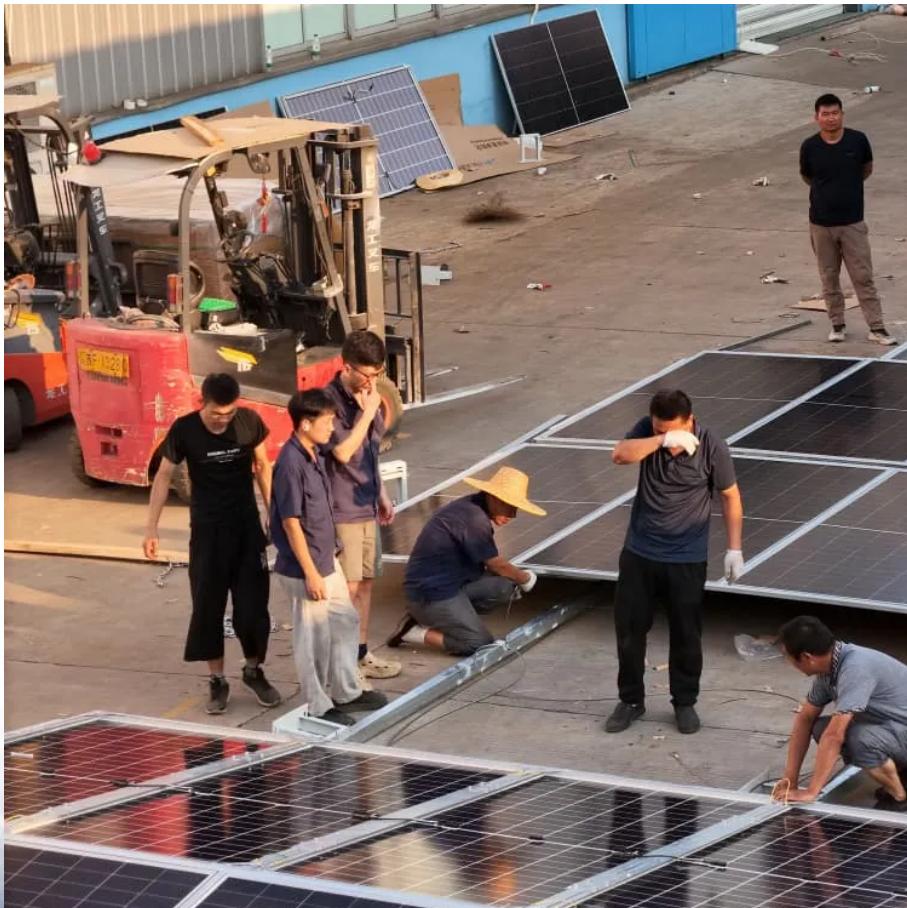




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Calorie Calculator

If you're pregnant or breast-feeding, are a competitive athlete, or have a metabolic disease, such as diabetes, the calorie calculator may overestimate or underestimate your actual calorie needs.

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Vitamin D

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No single formula fits everyone. But knowing more about your body's need for fluids will help you estimate how much water to drink each day.

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