

3.2.3.3 Energy use, diet, nutrition and hydration

| Content | Additional information |
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| Energy use | <p>Energy is measured in calories (Kcal) and is obtained from the food we eat.</p> <p>The average adult male requires 2,500 Kcal/day and the average adult female requires 2,000 Kcal/day but this is dependent upon:</p> <ul style="list-style-type: none">• age• gender• height• energy expenditure (exercise). |