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jaga asupan kalori ini daftar kalori makanan sehari - Feb 15 2023

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kalori paling banyak yaitu 9 kalori gram sedangkan karbohidrat dan protein mengandung 4 kalori setiap gramnya makanan yang

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

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