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मैक्रो कैलकुलेटर
 यह मैक्रोन्यूट्रिएंट कैलकुलेटर उम्र, शारीरिक विशेषताओं, व्यायाम स्तर और शरीर के वजन के तथ्यों के आधार पर मैक्रोन्यूट्रिएंट आवश्यकताओं की गणना करता है।

लिंग: पुरुष महिला

उम्र: years

ऊँचाई: cm kg

वजन: kg

Activity:

आपका लक्ष्य:

विकल्प:

| | प्रोटीन ग्राम/दिन | कार्बोहाइड्रेट ग्राम/दिन | शर्करा ग्राम/दिन | सीमा ग्राम/दिन | संगुल वसा ग्राम/दिन | ख़ास उर्जा कैलोरी / दिन |
|--------------------------|-------------------|--------------------------|------------------|----------------|---------------------|-------------------------|
| संगुलित | 160 | 350 | 75 | <70 | <30 | 2,627 |
| कम शर्करा | 177 | 368 | 58 | <70 | <30 | 2,627 |
| कम कार्बोहाइड्रेट शक्करा | 192 | 280 | 89 | <70 | <30 | 2,627 |
| उच्च प्रोटीन | 225 | 297 | 67 | <70 | <30 | 2,627 |

Macro Calculator Hindi

Calculator.io is a free online calculator that can be used on any device. It offers a wide range of calculation options, including basic arithmetic, algebra, and trigonometry. The interface is simple and user-friendly, making it easy to use for anyone. Calculator.io is a reliable and accurate tool for all your calculation needs.

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Jane Smith
CALCULATOR LLC
+1 323-486-2636

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