

What does your body actually need every day?

Description

A simple daily nutrition calculator for real life.

Wondering how much protein, carbs, fats and fiber your body actually needs? Our free daily nutrition calculator helps you estimate your personal nutritional needs based on your body and activity level. No food tracking, no complicated maths. Just a little more clarity about what works for you

FREE TOOL

WHAT DOES YOUR BODY ACTUALLY NEED?



Protein, fats, carbs, fibre... without turning dinner into a maths exam. It's personal.

[CALCULATE MY DAILY NEEDS →](#)

BODY LOVES FOOD

Gender

☒ Male ☐ Female

Age (years)

25

Fitness Goal

Weight (kg)

70

Height (cm)

175

Daily Activity Level

Moderately Active
(Moderate exercise 3-5 days/week)

Your Daily Targets

- 2,300 kcal
- Protein 0g Building & muscle repair
- Fats 0g Hormones & vital energy
- Carbs 0g Primary daily fuel source
- Dietary Fiber 0g Digestion & gut health