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Main Menu

Ideal Weight Calculator

Height (in):

Calculate

Male

Ideal body weight: 136.0

The Ideal Weight Calculator computes ideal body weight (IBW) ranges based on height, gender, and age.

Factors can impact ideal weight such as health conditions, fat distribution, progency, etc.

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Main Menu

BMR Calculator

Weight (lb):

Height (in):

Age:

Calculate

Male

BMR: 1686 Calories/day

The Basal Metabolic Rate (BMR) Calculator estimates your basal metabolic rate—the amount of energy expended while at rest in a neutrally temperate environment.

An accurate BMR measurement requires that a person's sympathetic nervous system is inactive, which means the person must be completely rested.

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Main Menu

Food Nutrition Information

Search for food items
to find their nutrition
information!

Enter a food item:

Pizza

Search

Serving Size: 100.0 grams

Protein: 11.4 grams

Total Carbohydrate: 32.9 grams

Calories: 262.9

Total Fat: 9.8 grams

Sugar: 3.6 grams