

# [Choiceandmedication.org.uk/norfolk-and-waveney](http://Choiceandmedication.org.uk/norfolk-and-waveney)

i figured out my fat, protein, and carbs needs but it didn't say how to calculate my caloric total  
[choiceandmedication.org.uk/norfolk-and-waveney](http://choiceandmedication.org.uk/norfolk-and-waveney)  
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