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# Calorie

National Diabetes Information Clearinghouse (NDIC)

## Definitions

### Carbohydrate

Defined by National Diabetes Information Clearinghouse (NDIC)

### Fat

Defined by National Diabetes Information Clearinghouse (NDIC)

### Protein

Defined by National Diabetes Information Clearinghouse (NDIC)

### Gram

Defined by National Diabetes Information Clearinghouse (NDIC)

## Source

National Diabetes Information Clearinghouse (U.S.). (2009). *The diabetes dictionary*. [Bethesda, Md.]: U.S. Dept. of Health and Human Services, National Institutes of Health, National Institute of Diabetes and Digestive and Kidney Diseases, National Diabetes Information Clearinghouse.

A unit representing the energy provided by food. **Carbohydrate**, **fat**, **protein**, and alcohol provide calories in the diet. Carbohydrate and protein have 4 calories per **gram**, fat has 9 calories per gram, and alcohol has 7 calories per gram.