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## **Demystification of the calorie**

Ever wonder what a calorie really is? It's the amount of energy it takes to raise the temperature of 1gram of water by 1° C. But did you know there is also a Calorie with a capital C? This is the amount of energy it takes to raise the temperature of 1kg of water 1° C so it's a thousand times more energy than a calorie. To help reduce some of the confusion you will more commonly see it referred to as a Kcal or kilocalorie. The energy requirement of a horse is referred to in megacalories or Mcal which is equal to 1000 Kcal. On human food labels you will see that foods nutrition facts are based on a 2000 calorie or 2 Kcal per day diet. So if the average mature human requires approximately 2 Kcals to sustain body weight what about a horse? A mature 1100 lb (500 kg) horse that is not doing any work requires 16.7 Mcals per day to sustain body weight. That's 8.35 times more energy than the human being.

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