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ABBREVIATIONS

mg	milligram
g	gram
kg	kilogram
kcal	kilocalories: the energy required to raise the temperature of 1 litre of water by 1°C. Generally used to give us an idea of how much 'energy' a food provides us. Each person needs an individual amount of energy each day; for women it's usually between 1600–2500 kcal.
µg	microgram
ml	millilitre
l	litre
pH	The pH is a scale used to specify how acidic or alkaline a water-based solution is. Acidic solutions have a lower pH, while alkaline solutions have a higher pH.
tsp	teaspoon (the small ones)
tbsp	tablespoon (the regular ones)
ORAC scale	The ORAC scale (Oxygen Radical Absorbance Capacity) is used to measure the antioxidant capacity of foods.