

MORE QUESTIONS AND ANSWERS

What are energy giving nutrients?

The nutrients that provide energy are commonly referred to as macronutrients (carbohydrates, lipids, and proteins). Carbohydrates and proteins provide a similar amount of energy per gram of food.

RELATED QUESTIONS

Which is the first source of energy for the body?

Carbohydrates are the main energy source of the human diet. The metabolic disposal of dietary carbohydrates is direct oxidation in various tissues, glycogen synthesis (in liver and muscles), and hepatic de novo lipogenesis.

Do Fats provide energy?

Fats give you energy, and they help the body absorb certain vitamins. Essential fatty acids help the body function, but they aren't made by your body—you have to consume them.

Which of the following would provide the most energy?

Fat provides the most energy of all the macronutrients, at a whopping 9 calories per gram. That's why even a small amount of food or condiments that are rich in fat can pack so many calories.

ENHANCED BY Google



LATEST QUESTIONS

What does Baka mean?

What does Loch Ness mean?

What is a quid in English money?

Is using cracked software illegal?

Is R pronounced as L in Japanese?

Can I get cash from my debit card at Walmart?

Is graduated high school correct?

Is Kimochi a bad word?

What does the Spanish word Buta mean?

Is Oh my God rude?

POPULAR QUESTIONS

Can you run squad on a laptop?

What does Chai mean in Thai?

What city does atypical take place?

Is AMD x86 64?

Is Sam from atypical actually autistic?

What is a long ton used for?

Does squad require a good PC?

© Copyright 2021 by www.moreanswers.club.

www.moreanswers.club is your news, entertainment, political, financial and business, technology, lifestyle and health website. We provide you with the latest breaking news today of the U.S. and of the world.