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### **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.

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### **Which of the following does not provide energy?**

Even though, vitamins do not have calories and do not give you energy directly, some of them are involved in energy metabolism. For example- thiamine, niacin and riboflavin, which are all B vitamins, pull energy from carbohydrates, protein and fat in your diet, but the B vitamins do not independently provide energy.

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### **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.

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### **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.

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### **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.

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