

Understanding Nutrition Chapter 7

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identify the nutrients involved in energy metabolism and the high-energy compound that captures the energy released during breakdown During digestion, the energy-yielding nutrients (carbohydrates, lipids, and proteins) are broken down to glucose, glycerol, fatty acids, and amino acids.

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No matter where excess kcalories come from (fat, protein, carbohydrates) the fat cells will enlarge. The body uses less energy to convert dietary fat to body fat than it does to convert dietary carbohydrates to fat. When eating excess protein a person will not grow muscle unless their muscles are being used or put under stress.

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Understanding Nutrition Chapter 7. STUDY. PLAY. the ultimate source of energy. the sun. photosynthesis. the process by which green plants use the sun's energy to make carbohydrates from carbon dioxide and water. fuel.

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Metabolism (Chapter 7) - YouTube

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An in-dept summary of the book Understanding Nutrition by Whitney and Rolfe's 14th edition. Included are the chapters 134567 and 8.