

Stage I:

Hydrolysis of complex molecules to their component building blocks

Proteins

Carbohydrates

Fats

Amino acids

Monosaccharides

Glycerol, fatty acids

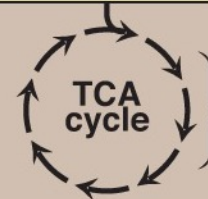
Stage II:

Conversion of building blocks to acetyl CoA (or other simple intermediates)

Acetyl CoA

Stage III:

Oxidation of acetyl CoA; oxidative phosphorylation



ATP
CO₂