

Energy-yielding nutrients

Carbohydrates
Fats
Proteins

Complex molecules

Proteins
Polysaccharides
Lipids
Nucleic acids

C
A
T
A
B
O
L
I
S
M

**Chemical
energy**

**ATP
NADH**

A
N
A
B
O
L
I
S
M

Energy-poor end products

CO_2
 H_2O
 NH_3

Precursor molecules

Amino acids
Sugars
Fatty acids
Nitrogenous
bases