The amount of energy of a certain type of food

PREPARED BY: BESIR ZENELI

Macronutrients

Macronutrients are vital nutrients necessary for the body in large amounts.

Proteins

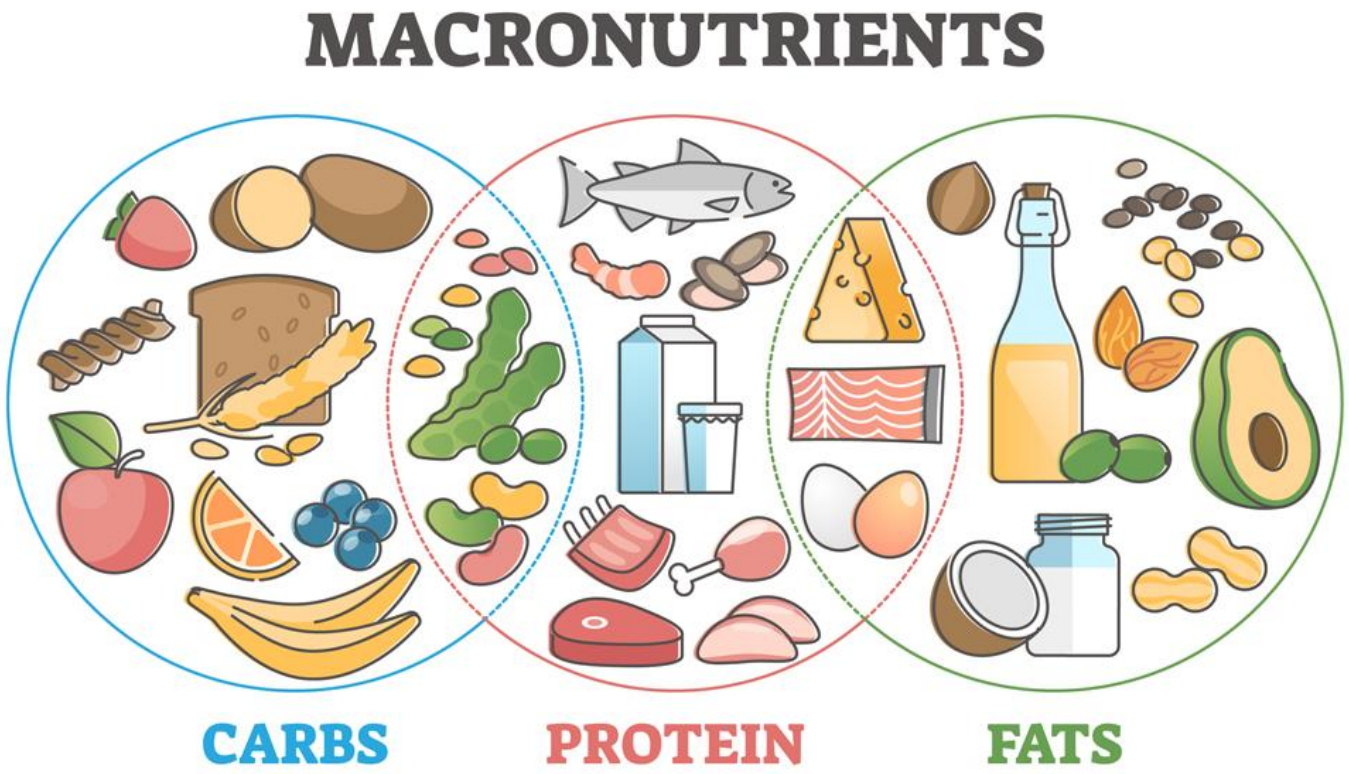
- Function as the building blocks of the body.

Carbohydrates

- Act as the body's primary source of energy, for example: glucose and fructose.

Fats

- Serve as the body's energy storage, with excess energy being stored in the form of fat.



Calories

Calories are the amount of energy released when your body breaks down (digests and absorbs) food. The more calories a food has, the more energy it can provide to your body.

Proteins

- 1 gram protein = 4 calories (Cal)

Carbohydrates

- 1 gram carbohydrate = 4 calories (Cal)

Fats

- 1 gram fat = 9 calories (Cal)

- There is a direct relationship between calories and body fat
- If you eat more calories than the body uses, the extra calories are stored as body fat
- 3500 calories = 1 lb body fat

1 lb (pound) = 0.45 kg

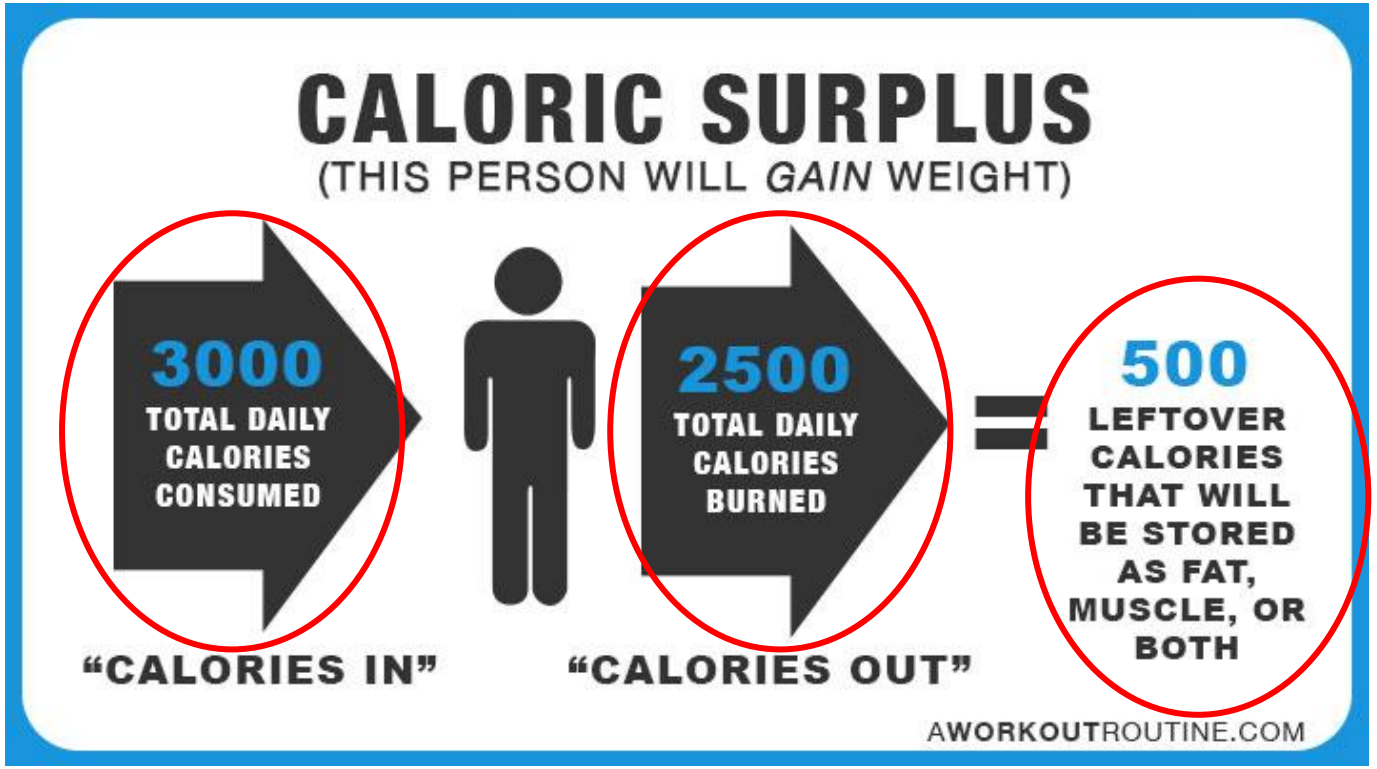
Average calories for man and women

Various factors, like age, gender, and activity level, can influence the required daily calorie intake. However, on average:

- **Males typically need around 2500 calories per day.**
- **Females generally require about 2000 calories per day.**

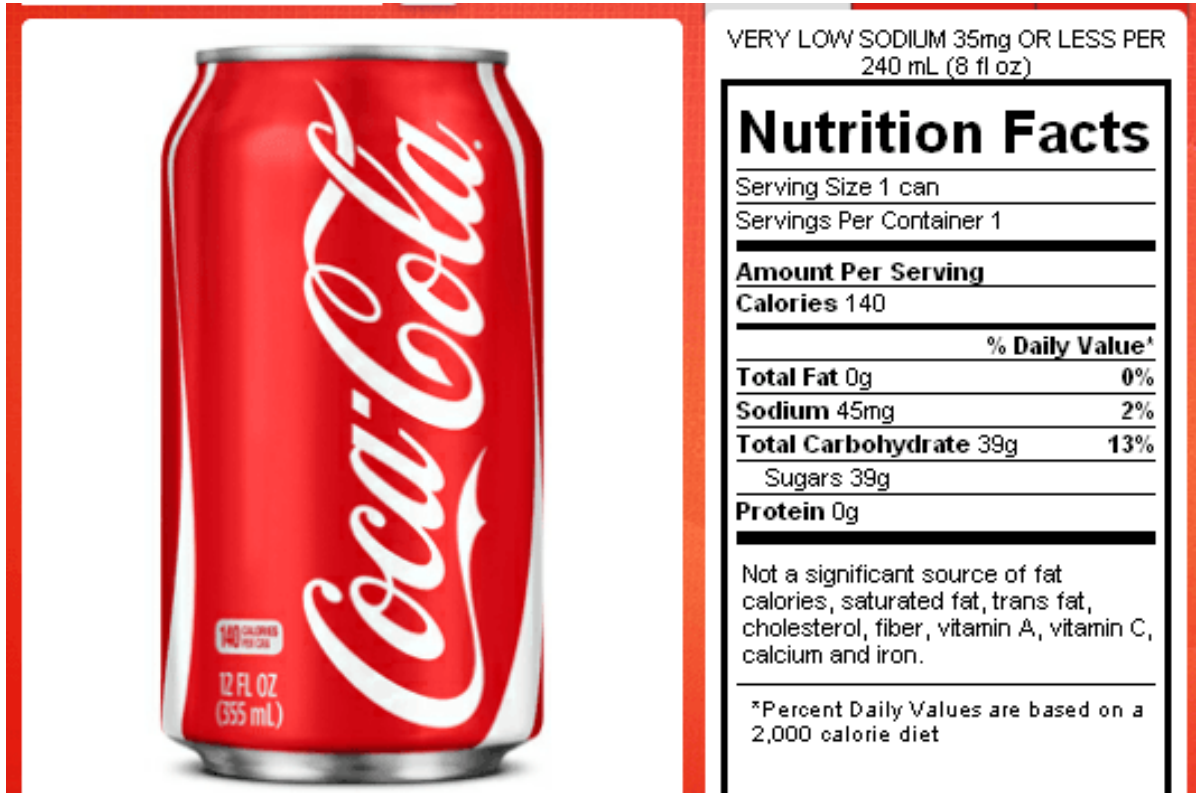
If individuals engage in sports or physical activities, an additional 1000 calories can be added to their daily intake:

- **For active males, the total would be 3500 calories per day.**
- **Active females would aim for a total of 3000 calories per day.**



A single can of Coca Cola contains 140 calories.

Typically, people often consume 2-4 cans per day, contributing to a significant daily energy intake when combined with other foods they eat.



1. Calculate the calories from carbohydrates, fats, and proteins for the following food items:

1.1 Food Item: Pasta

- Carbohydrates: 40 grams
- Fats: 5 grams
- Proteins: 10 grams

1.2 Food Item: Peanut Butter

- Carbohydrates: 8 grams
- Fats: 16 grams
- Proteins: 7 grams

1.3 Food Item: Yogurt

- Carbohydrates: 15 grams
- Fats: 3 grams
- Proteins: 8 grams

2. What is the total caloric content of each food item? (Add calories from carbohydrates, fats, and proteins)

- **Pasta: _____ calories**
- **Peanut Butter: _____ calories**
- **Yogurt: _____ calories**

Calculate their calories and decide which one of them has optimal intake of calories?

1.Alex:

How many calories does Alex consume from carbohydrates, fats, and proteins, given the intake of 200 grams of carbohydrates, 70 grams of fats, and 90 grams of proteins?

2. Emma:

What is the calorie intake from carbohydrates, fats, and proteins for Taylor, considering the consumption of 150 grams of carbohydrates, 50 grams of fats, and 80 grams of proteins?

3. Jordan:

For Jordan, with an intake of 250 grams of carbohydrates, 60 grams of fats, and 100 grams of proteins, what is the total calorie consumption from carbohydrates, fats, and proteins?