

Respiration-Caloric values

The energy present in one gram of different respiratory substrates is

- (i) Fat-9.8 kcal or 41 kJ
- (ii) Protein-4.8 kcal or 20 kJ
- (iii) Carbohydrate -4.4 kcal or 18.4 kJ. The realised value is slightly less.