

Calories

Calories are a unit of energy

1 calorie gives you 4.18 Joules of energy

Food calories = Calories (capital 'c')

1 Calorie = 1,000 calories

Different macromolecules have different amount of Calories per gram.

Carbohydrates

4 Calories/gram

Lipids

9 Calories/gram

Proteins

4 Calories/gram

Lipids and proteins keep someone full longer than carbohydrates.