

Macronutrients

Body & health

The three energy nutrients, what each is for, and the energy each carries.

Energy per gram, and what the body does with each.

Macro	kcal/g	Chiefly for
Protein	4	Building and repairing tissue
Carbohydrate	4	Fast and stored energy
Fat	9	Energy store, hormones, absorption
Alcohol	7	Nothing structural
Fibre	~2	Digestion; mostly not absorbed

Fat carries more than twice the energy per gram of protein or carbohydrate. That density is why it is the storage form.