

Table 16-1 Heat production and respiratory quotient for the three major food types

	Heat Production (kJ)			R_Q
	Per gram of food	Per liter of CO_2 produced	Per liter of O_2 consumed	
Carbohydrates	17.1	21.1	21.1	1.00
Fats	38.9	19.8	27.9	0.71
Proteins (to urea)	17.6	18.6	23.3	0.80



