

What Determines Energy Needs?

2. The thermic effect

- Amount of calories expended to digest, absorb, and process food (about 10% of calories in food eaten)
 - Carbohydrate 5-10%
 - Fat 0-5%
 - Protein 20-30%
 - Alcohol 15-20%

3. Physical activity increase your energy needs.

- Sedentary people expend less than $\frac{1}{2}$ energy of BMR in physical activity
- Very active athletes can expend twice BMR

Effects Of Energy Needs And

**United States. Congress. Senate.
Committee on Commerce. Consumer
Subcommittee**

Effects Of Energy Needs And:

Unveiling the Magic of Words: A Report on "**Effects Of Energy Needs And**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Effects Of Energy Needs And**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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