

Caloric equivalent

Caloric equivalent is the amount of energy released during the consumption of **1 liter of oxygen**. The average amount of energy released when burning a mixture of nutrients (carbohydrates 60%, fats 25%, proteins 15%) per 1 liter of consumed O₂ is **20.1 kJ** (4.8 kcal).

The average energy equivalent for different nutrients is shown in the table:^[1]

	0 °C	37°C
carbs	21.15 kJ	18.8 kJ
lipids	19.6 kJ	17.6 kJ
proteins	19.65 kJ	16.8 kJ

Links

Related Articles

- Nutritional recommendations
- Carbohydrates in food
- Carbohydrates
- Dietary fats
- Dietary proteins
- Mineral substances in food
- Trace elements in food
- Basal metabolism

References

1. SILBERNAGL, Stefan – DESPOPOULOS, Agamemnon. *Atlas fyziologie člověka*. 6. edition. Grada, 2004. 448 pp. pp. 228. ISBN 80-247-0630-X.