

Sunday, January 1, y

Chapter 8: Energy

Energy is essential to life. Normal function of the human body requires a constant input and output of energy to maintain life. Various chemical components of food provide the input of energy to the body; the chemical breakdown of those chemicals provides the energy needed to carry out thousands of body functions that allow the body to perform daily functions and tasks such as breathing, walking up a flight of stairs, and studying for a test.

Energy is classified as either potential or kinetic. Potential energy is stored energy, or energy waiting to happen. Kinetic energy is energy in motion.

In food and in components of the human body, potential energy resides in the chemical bonds of specific molecules such as carbohydrates, fats, proteins, and alcohol. This potential energy is converted into kinetic energy in the body that drives many functions ranging from muscle and nerve function to driving the synthesis of body protein for growth. After potential energy is released to provide kinetic energy, it ultimately becomes thermal energy or heat. You can notice this when you exercise and your body heats up.

The Calorie Is a Unit of Energy

The amount of energy in nutrients or the amount of energy expended by the body can be quantified with a variety of units used to measure energy. In the US, the kilocalorie (kcal) is most commonly used and is often just referred to as a calorie. Strictly speaking, a kcal is 1000 calories. In nutrition, calories almost always refer to kcals. Sometimes the kcal is indicated by capitalizing calories as "Calories". A kilocalorie is the amount of energy in the form of heat that is required to heat one kilogram of water one degree Celsius.

Most other countries use the kilojoule (kJ) as their standard unit of energy. The joule is a measure of energy based on work accomplished- the energy needed to produce a specific amount of force. Since calories and joules are both measures of energy, one can be converted to the other : $1 \text{ kcal} = 4.18 \text{ kJ}$.

Estimating Caloric Content

The energy contained in energy-yielding nutrients differs because the energy-yielding nutrients are composed of different types of chemical bonds. The carbohydrate or protein in a food yields approximately 4 kilocalories per gram, whereas triglycerides that compose the fat in a food yield 9 kilocalories per gram. A kilocalorie of energy performs one thousand more times work than a calorie. On the Nutrition Facts panel found on packaged food, the calories listed are actually kilocalories.

Estimating the number of calories in a commercially prepared food is fairly easy since the total number of calories in a serving of a particular food is listed on the Nutrition Facts panel. If you do not have a Nutrition Facts panel for a certain food, such as half a cup of blueberries, and want to find out the amount of calories it contains, go to Food-a-pedia, a website maintained by the USDA.

An Organism Requires Energy + Nutrient Input

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