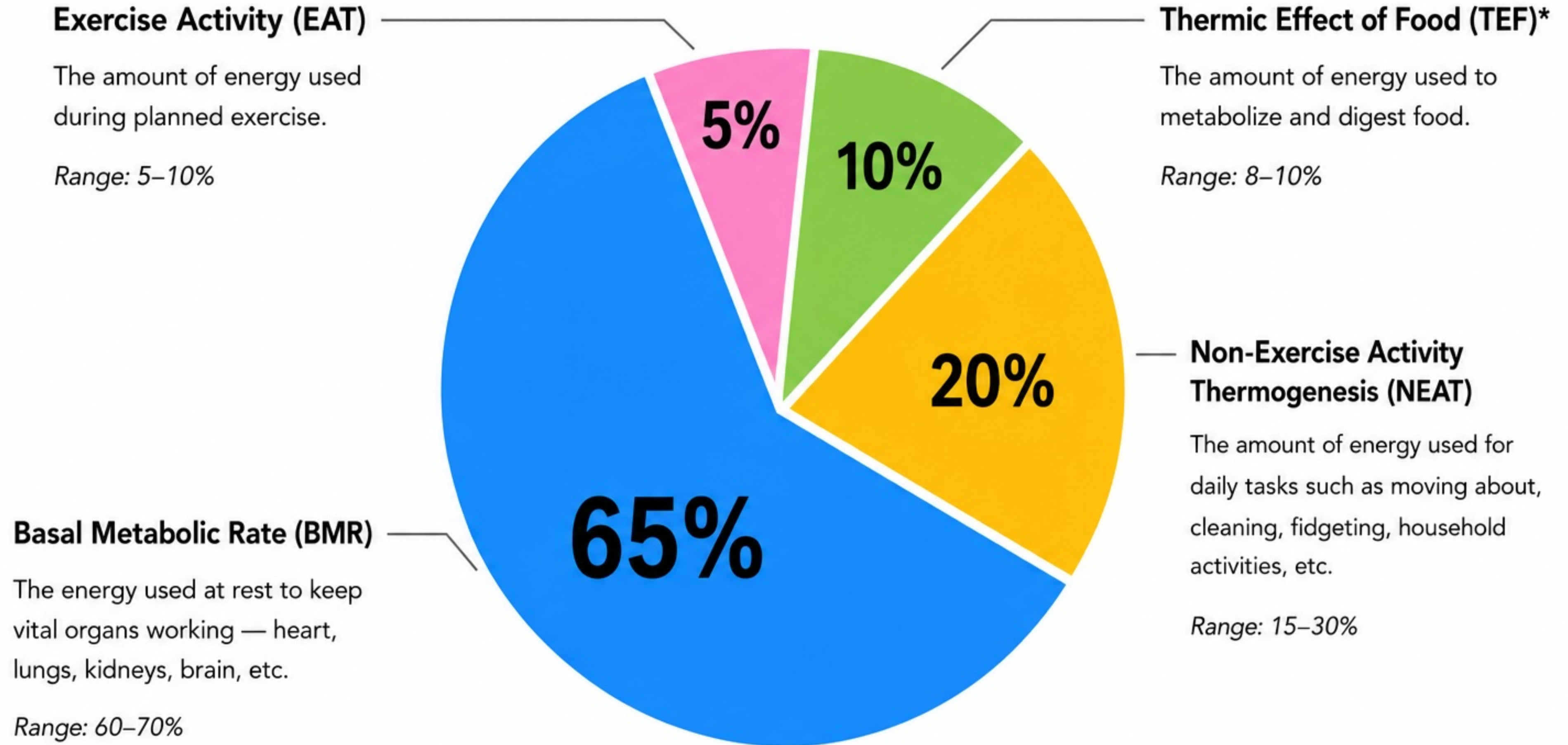


Where Does Your Body Burn Calories?

Percentage of Daily Energy Expenditure



* TEF varies by macronutrient: protein 20–30%, carbohydrate 5–10%, fat 0–3%.

Percentages represent average values for a typical adult. Ranges reflect variation across individuals.

LR Sanders MD