

Physiologically Available Energy
(ATWATER Factors)

1g protein	4 kcal	17 kJ
1g fat	9 kcal	38 kJ
1g carbohydrate as		
polysaccharide	4.2 kcal	18 kJ
monosaccharide	3.75kcal	16 kJ
1g ethanol	7.1 kcal	30 kJ