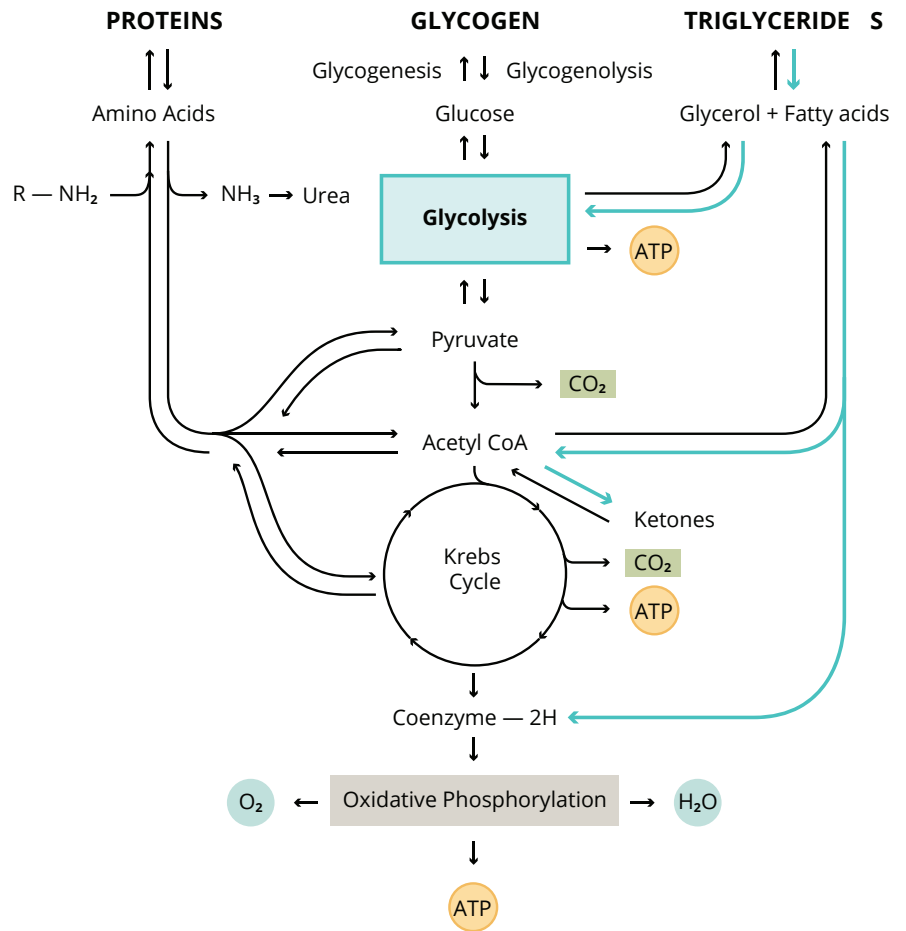


Metabolism of the Major Macronutrients

Consuming any of the macronutrients produces energy. The three macronutrients are:

- Protein
- Glycogen
- Triglycerides



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Source: Stanfield, 2010

References:

Stanfield, CL. Chapter 3: Cell Metabolism. *Principles of Human Physiology*. 2010; 4th Edition: 21-31. Available at: <http://www.amazon.com/Principles-Human-Physiology-4th-Edition/dp/0321652878> Accessed on: 2015-03-13.