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**Weight ...**

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Weight Management  
and Eating  
Behaviors Food  
Provides Energy  
Carbohydrates,  
fats, and proteins  
are the energy-  
giving nutrients.  
This energy is  
measured in units  
called Calories.  
The amount of  
energy in a certain  
food depends on how  
much carbohydrate,  
fat, and protein  
the food contains.  
Carbohydrates and  
proteins each  
provide 4 Calo-

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The Weight Management  
& Eating Behaviors  
chapter of this Holt  
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Companion Course helps  
students learn the  
essential lessons  
associated with weight  
management and eating  
behaviors.

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**8CHAPTER 8**

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narratives holding  
you back and let  
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