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The Weight Management
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Lifetime Health Companion Course helps students learn the essential lessons associated with weight management and eating behaviors.

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192 CHAPTER 8 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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