

	energy yield		oxygen L /g	carbon dioxide L /g	RQ	energy yield	
	kJ /g	kcal /g				kJ /L oxygen	kcal /L oxygen
carbohydrate	16	4	0.829	0.829	1.000	~20	~5
protein	17	4	0.966	0.782	0.809	~20	~5
fat	37	9	2.016	1.427	0.707	~20	~5

percent energy derived from carbohydrate = $\frac{(RQ - 0.707)}{(1 - 0.707)} \times 100$