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carbohydrates proteins and fats are the main types of macronutrients in food nutrients that are required daily in large quantities they supply 90 of the dry weight of the diet and 100 of its energy all three provide energy measured in calories but the amount of energy in 1 gram 1 28 ounce differs

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the carbohydrates fats and proteins in food supply energy which is measured in calories high fat foods contain more calories than the same amount of other foods so they can make it difficult for you to avoid excess calories however low fat doesn't always mean low calorie

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