Prelab Questions

1. The calories we read off of food labels (nutrient calorie) are different than the calories that have already been discussed this semester (scientific calorie). Give the definition of what a scientific calorie is and then define how many scientific calories are in one nutrient calorie. **Hint: 1 nutrient calorie = 1 kcal**

2. Which fat, saturated or unsaturated, is considered better for you and why.

3. Where is the energy that we get from fat(s) come from?