

ENERGY VALUE

(See also [Energy](#) and [Calorie](#))

The energy value of foods depends on their content of proteins, lipids and carbohydrates. It is expressed in kJ (international unit) or kcal.

1 g of protein is equal to 4 kcal or 17 kJ

1 g of carbohydrates is equal to 4 kcal or 17 kJ

1 g of lipids is equal to 9 kcal or 38 kJ

1 kcal = 4,185 kJ

1 kJ = 0,239 kcal

Energy value and composition for 100 ml of milk

Milk	Energy		Proteins (g)	Carbohydrates (g)	Lipids (g)
	kcal	kJ			
Whole	62	260	3,2	4,5	3,5
Half skimmed	45	190	3,2	4,5	1,6
Skimmed	33	140	3,3	4,5	0,2