Oxygen consumption and carbon dioxide production in oxidation of metabolic fuels

	energy yield kJ /g	O_2 consumed L /g	CO_2 produced L /g	RQ	kJ /L O_2
carbohydrate	16	0.829	0.829	1.0	20
protein	17	0.966	0.782	0.809	20
fat	37	2.016	1.427	0.707	20

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

Experiment 4

speed	L O_2	kJ /30min	PAR	L CO_2	RQ	% energy from carb	% energy from fat	g fat metabolised
at rest	9.1		1.0	6.6				
1 kph	14.4			10.4				
3.5 kph	26.6			19.5				
5 kph	33.0			26.0				
6.5 kph	47.2			38.7				

Experiment 5

	L O_2	L CO_2	RQ	% energy from carb	% energy from fat
fasting	26.6	18.9			
after breakfast	26.6	26.0			