

# Re: calories we consume

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I have a question. It may be silly, but i don't know.

If I eat or drink something that is 100 calories, does my body absorb all 100 calories?

It is not a silly question.

A calorie is the measure of the energy content in a food. However not all of each food we eat has its energy available for us to use. Some parts of food can not be digested in the small gut and pass into the large gut. There billions of bacteria use it for their energy source and some of it is converted into energy sources we can use. In the process some energy is lost to make the conversion possible.

Even then not all is used even by that method and what is left of a food is passed from the gut. You might have examined the excrement of a horse. Often there are for example whole grains that passed through the animal because digestion and the bacteria could not convert it because of the external hard shell of grains. In humans if we eat the stem of a fruit or its seeds this is also likely to be the case. They contain energy measured in calories but can not be converted.

In general the more a food is broken into smaller pieces by grinding and chewing etc. and or broken down by heat in cooking more of the energy will be available. Still the bran of grains and other such structural parts of foods are handled as discussed above and the bacteria can convert some but not all parts.

The specific answer to your question is that it depends on which food

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and how treated in preparation to eat.

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