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2. Carbohydrates: Quick Energy

### 3. Fats: Long-Lasting Energy

Fats are the most energy-dense macronutrient, providing 9 calories per gram. They are essential for long-term energy and are stored in adipose tissue. Fats are also important for cell membrane structure and hormone production. There are three main types of fats: saturated, monounsaturated, and polyunsaturated. Saturated fats are found in animal products and are solid at room temperature. Monounsaturated fats are found in plant oils and are liquid at room temperature. Polyunsaturated fats are found in plant oils and are liquid at room temperature. Fats are essential for health and are a key component of a balanced diet. (A, I).

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