

- Distribution of P Glucose:

free glucose in E.C.F. = 20 gr \equiv 80 Cal

= as glycogen in liver = \sim 75 g \pm 100g

" " " " : muscle = \sim 400 gr

- Liver glycogen maintain blood glucose \rightarrow 16 hr

- Brain use \sim 120 gr of glucose / day

- 70 kg man has \sim 15 Kg fat \equiv 130,000 Kcal

" supply energy \rightarrow 60-90 days

- Conc of ATP in muscle \sim 5 mM

" " Creatine phosphate (CP) = \sim 20 mM

Upon vigorous exercise

ATP \rightarrow

2 to 4 sec

CP \rightarrow

20 sec

- Post-absorptive resting muscle or

with moderate exercise \rightarrow F.A. main source
80% of glucose is utilized by brain & rbc

- During prolonged fasting, utilization of
F.A. by all tissues (except brain & rbc) is increased
4 to 5 times & ketone bodies by more
than 100-times