

**Question 21 – Week of November 22**

In healthy patients who consume normal diets, what percentage of carbohydrate, protein, and fat is usually excreted in the stool?

- A. <5%
- B. 5-10%
- C. 10-15%
- D. 15-20%

**Answer: A**

Most nutrients are absorbed with incredible efficiency with less than 5% of ingested carbohydrate, fat, and protein usually is excreted in the stool of adults who consume normal diets. Even in the elderly, nutrient absorption remains highly efficient unless the intestine becomes diseased.

**Reference:**

Feldman: Sleisenger & Fordtran's Gastrointestinal and Liver Disease, 8th ed.