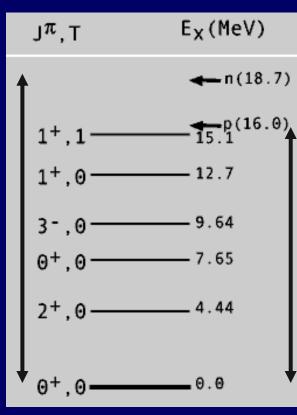
Nuclei have energy level (just like atoms)

energy needed to remove a <u>neutron</u> from ¹²C is 18.7 MeV



energy needed to remove a <u>proton</u> from ¹²C is 16.0 MeV

¹²C energy levels

Note the energy scale is MeV rather than eV