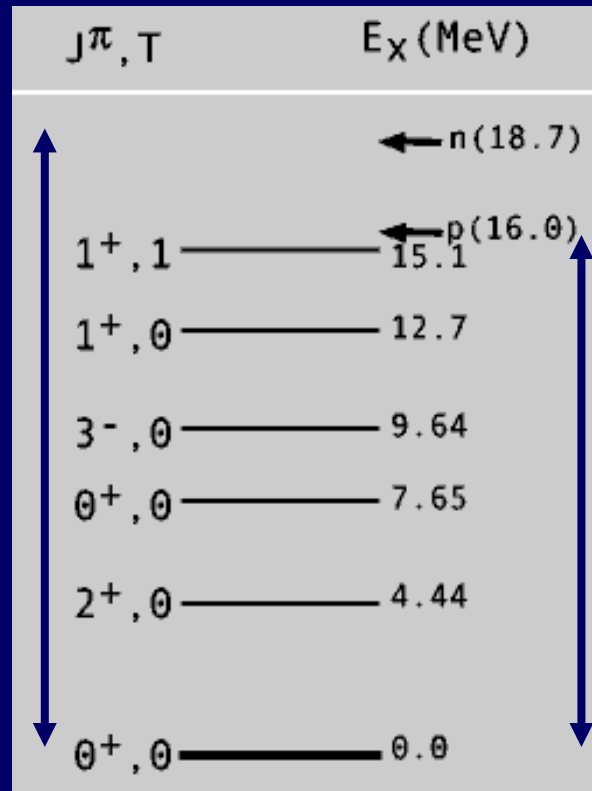


Nuclei have energy level (just like atoms)



energy needed to
remove a neutron from
 ^{12}C is 18.7 MeV

energy needed to
remove a proton from
 ^{12}C is 16.0 MeV

^{12}C energy levels

Note the energy scale is MeV rather than eV