



Louisville Center for Weight Loss

2304 Hurstbourne Village Dr, Suite 500, Louisville, KY 40299 (502) 583-3191 (502) 581-1463 fax
www.louisvillecenterforweightloss.com web lcwl@louisvillecenterforweightloss.com email

Nutrition Basics

Macronutrients

- The three macronutrients are protein, carbohydrates, and fat
- Most experts recommend a long term diet with calories being reduced by 500-1000, lowered fat to 30% or less. Each person needs an individualized diet tailored to their food preferences
- Reducing calories by 500 per week will result in a one pound per week or 4 pounds per month
- Sugar and fat free foods can be helpful in losing weight, however, Americans consume more of these foods than any other nation, and are among the fattest people in the world
- Fat contains the highest energy content, 9 calories per gram. Carbohydrate and protein both contain 4 calories per gram. Alcohol contains 7 calories per gram.

Micronutrients

- Micronutrients include vitamins and minerals
- Deficiencies of the following micronutrients are associated with obesity:
 - Fiber
 - Folate
 - Calcium
 - Iron
 - Vitamin C
 - Vitamin A
 - Vitamin B6
- We recommend that all our weight loss patients take a complete multivitamin and mineral supplement such as Centrum A-Z or StressTabs