

5 Most Commonly Asked Nutrition Questions

1. How many calories do I need to eat to lose weight?

Everyone's calorie needs vary. What counts when it comes to weight loss is calories in vs. calories out. By decreasing your calorie consumption by 250 calories per day, a person can lose up to ½ a pound per week. Do this and increase your exercise to burn 250 calories per day and a person may lose up to 1 pound per week.

2. Do I need to take a vitamin/mineral supplement?

Most people can get the vitamins and minerals they need from making healthy food choices. If you are able and willing to eat a variety of fruits, vegetables, whole grains and dairy products, you are probably getting what you need. There are exceptions to the rule and situations where supplementation is necessary. See your physician if you think you need a supplement.

3. How many carbohydrates should I eat everyday?

Carbohydrates are the body's main source of energy. Carbohydrates should make up a total of 45 to 65% of a person's total daily calorie consumption. A minimum of 130 grams of carbohydrate a day is recommended for normal brain function and an overall healthy diet. Consuming the minimum amount of carbohydrates recommended may result in a diet that is inadequate in other nutrients.

4. How much fat do I need daily?

Fat consumption should be between 20 and 35 percent of your total daily calorie consumption; with saturated fats making up less than 10 percent of your calories. Try to consume healthier fats including those from vegetable oils, nuts, and fish.

5. Do I have to stop eating my favorite foods to lose weight?

Most foods can be worked into a healthful meal plan. The serving size or frequency of consumption may need to be adjusted and healthful alternatives may be suggested.