

# Essential Nutrients

## Avoid

### Refined Carbohydrates:

Foods that have been processed by machinery that strips the bran and germ from the whole grain. The process gives foods a finer texture and prolongs shelf life but also removed the important nutrients, such as B vitamins, fiber and iron.

Refined Carbs are also known to spike insulin levels since the process leaves the molecules small enough that saliva breaks it into simple sugar.

Refined sugars and carbs should be avoided for weight loss because they provide only calories and no nutrients. The resulting spike in insulin also creates real carb cravings that make it difficult to

## What Are Essential Nutrients?

Essential Nutrients are found in food and provide the body with necessary tools to provide heat, growth, tissue repair and regulate body processes. The six essential nutrients are:

1. **Carbohydrates**— easily digested chains of carbon, hydrogen, and oxygen. Usually the cheapest source of energy.
2. **Fats**-Provide the most concentrated source of energy but are more expensive than carbohydrates. They aid in the absorption of fat soluble vitamins. They are classified as Saturated (solid at room temperature) and Unsaturated (liquid at room temperature). Cholesterol is a fatty substance produced by the liver.
3. **Proteins**-the basic component of all body cells. It is essential that we take in enough dietary protein so the body can build and repair tissue, regulate body functions and provide energy and heat. Proteins are made of 22 basic building blocks called amino acids.
4. **Vitamins**-are organic compounds essential to life. They are vital for metabolism, tissue building and allowing the body to use carbohydrates for energy. They are either water soluble or fat soluble. Fat soluble vitamins can be stored in the body whereas water soluble vitamins can't (B vitamins).
5. **Minerals**-are inorganic elements that regulate body fluids (sodium), contribute to growth (calcium), and aid in building tissues.
6. **Water**-found in ALL body tissues is essential for the digestion of food, absorbing nutrients and removing waste.

## Quick Tips to Get the Right Vitamins

Choose a diet rich in fruits, vegetables, whole grains, nuts and healthy oils. Try to eat a food from every color over 3 days. Blueberries, broccoli, carrots, etc..

Take a multivitamin daily and make sure it contains chromium. Chromium helps insulin shuttle glucose into the cell. Studies show that our farmland is 75% depleted of natural vitamins and minerals. So,

we need to supplement.

Studies are showing that most Americans are deficient in Vitamin D. Aim for getting 1000-2000 IU of Vitamin D per day.

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Empowering You Through  
Education and Medical Support

Right Weigh Clinic is dedicated to providing our patients with all the education and medical support necessary to obtain and maintain a healthy weight. We recognize the changes in food sources that have evolved over the past several decades and which changes are causing the obesity epidemic. It is as important to learn how to avoid these foods and it is to eat the proper nutrients. We also have bariatric trained physicians and weekly weigh-ins to monitor progress and make timely changes if needed.

Medical support can include prescription appetite suppressants, metabolic boosters, or medical supplements we have compounded for specific conditions such as diabetes and fatty liver disease.

## Vitamins A, B and Ca

The institute of Medicine recommends 900 *mg* and 700 *mg* of **retinol (Vitamin A)** for men and women respectively. Vitamin A does more than help you see, it stimulates the production and activity of white blood cells, helps remodel bone and maintain the health of endothelial cells. It also regulates cell growth and division.

Foods contain beta-carotene (orange vegetables) have vitamin A.

Avoid high intakes of vitamin A or retinol because high intakes are related to increased risk of hip fracture. This is because high doses interfere with the beneficial actions of vitamin D.

400 *mg/day* is the recommended intake of **folate (B9)**. People who regularly drink alcohol should get at least 600 *mg/day*. Fruits, vegetables, whole grains and beans have good sources of folate.

1.3-1.7 *mg/day* is recommended for **Pyridoxine (B6)**. Research is indicating that B6 protects against colon cancer. Good sources of B6 are beans, poultry, fish and dark leafy green vegetables, papayas, oranges, and cantaloupe.

2.4 *mg/day* is the minimum amount of dietary **Cobalamin (B12)** recommended. B12 is found in fish, poultry, meat, eggs and dairy. Most people have plenty of B12 in their diet, the main concern is whether B12 is properly absorbed.

**Calcium** is important for bone health!

Milk isn't the only, or even the best source of calcium. Look beyond the dairy aisle. Limit dairy to 2 servings per day and look for calcium-rich-non-dairy foods. These include leafy green vegetables and broccoli (which also contain vitamin K also good for bone health). Beans and tofu can also supply calcium. Collards, bok choy and fortified soy milk contain calcium as well as vitamin D which is also necessary for healthy bones.

Regular exercise, especially weight-bearing exercise is essential part of building and maintaining strong, healthy bones.