



Health Yourself Byte

WHEN YOU LOSE WEIGHT, WHERE DOES THE FAT GO?

There are many misconceptions on fat loss associated with weight loss. Do the fat cells shrink? Is the fat being turned into energy or heat? Is fat being turned into muscle? Where does it go???



According to a recent study in the British Medical Journal, most of the fat you lose is breathed out in the form of carbon dioxide. The authors of the study report the following: “if you follow the atoms in 10 kilograms of fat as they are “lost”, 8.4 kilograms are exhaled as carbon dioxide through the lungs. The remaining 1.6 kilograms becomes water which is excreted in urine, feces, sweat, breath, tears and other bodily fluid.

The authors did note that breathing alone can't cause weight loss and individuals can't breathe in someone else's exhaled fat!

Now you know! Next week we'll provide some tips on how to burn calories and fight fat!!



The Medical
Center of Plano