

# What is the optimal proportion of dietary fat, carbohydrate, and protein to lose weight if overweight or obese? (DGAC 2010)

## Conclusion

There is strong and consistent evidence that when calorie intake is controlled, macronutrient proportion of the diet is not related to losing weight.

## Grade: Strong

Overall strength of the available supporting evidence: Strong; Moderate; Limited; Expert Opinion Only; Grade not assignable For additional information regarding how to interpret grades, [click here](#).

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## Evidence Summaries

What is the evidence that supports this conclusion? For more information, click on the Evidence Summary link below.

 [What is the optimal proportion of dietary fat, CHO and protein to lose weight if overweight or obese?](#)

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## Search Plan and Results

What were the search parameters and selection criteria used to identify literature to answer this question? For more information, click on the Search Plan and Results link below.

[What is the relationship between macronutrient proportion and body weight in adults?](#)