



Fig 2 When somebody loses 10 kg of fat (triglyceride), 8.4 kg is exhaled as CO_2 . The remainder of the 28 kg total of CO_2 produced is contributed by inhaled oxygen. Lungs are therefore the primary excretory organ for weight loss. (This calculation ignores fat that may be excreted as ketone bodies under particular (patho)physiological conditions or minor amounts of lean body mass, the nitrogen in which may be excreted as urea)