The study concludes that overweight and obese Americans have lower intakes of vitamins A, C, D and E, as well as calcium and magnesium.

According to the Centers for Disease Control and Prevention, more than 67 percent of Americans are overweight or obese.

Overall findings: Compared to normal weight adults, obese adults have approximately 5-12% lower intake of essential micronutrients (vitamins and minerals) and therefore, a higher prevalence of nutrient inadequacy.

Micronutrients are important for normal growth and development and body functions.1

Micronutrient deficiencies in obese people may influence several physiological body functions, impair the immune system and increase the risk of chronic diseases.2

In addition to making more nutrient-rich food choices, nutrient inadequacy may also be addressed by including dietary supplements, which provide important nutrients without added calories.