

Diet analysis and nutritional report

Name: *****
DOB: *****
Sex: F

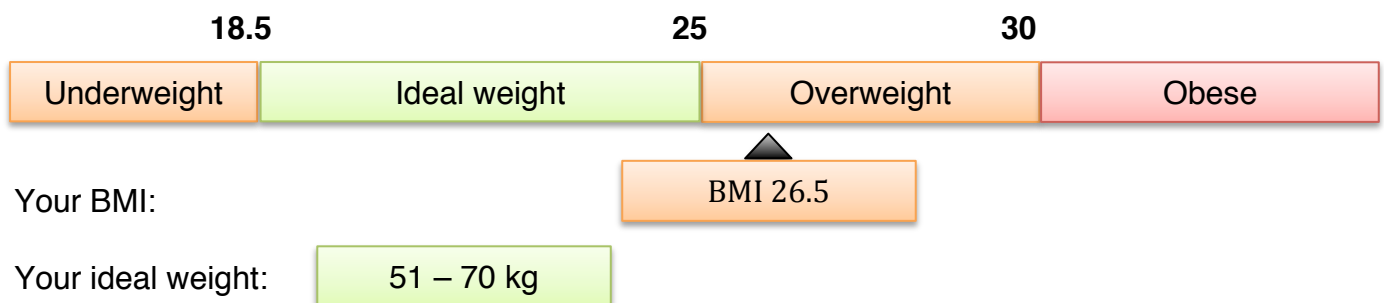
Height: 1.65 m
Weight: 72 kg
Target weight: 60 kg

Ideal body weight

Your ideal body weight can be found by calculating your BMI (body mass index). Your BMI enables you to see if your weight is appropriate for your height.

A BMI of 18.5-25 is healthy; a BMI below 18.5 or above 25 is associated with health risks.

If you are pregnant or very muscular, calculating your BMI is not appropriate.



Comments:

“Your BMI is slightly high, in the overweight category. This may increase your risk of health issues such as high blood pressure and heart disease. For your BMI to be in the healthy range, your weight should be 51-70 kg. You only need to lose 2 kg to reach a healthy BMI.”

“Your personal target weight of 60 kg is a healthy goal. A realistic weight loss goal would be 1 kg per week, so your 12 kg weight loss could be achieved in 12 weeks. To lose 1 kg per week, this can be achieved by consuming approximately 1000 calories less a day, or burning off the equivalent amount doing exercise. I would recommend combining diet and exercise to increase your metabolism. Remember that muscle burns a lot more calories than fat”.

Calorie intake

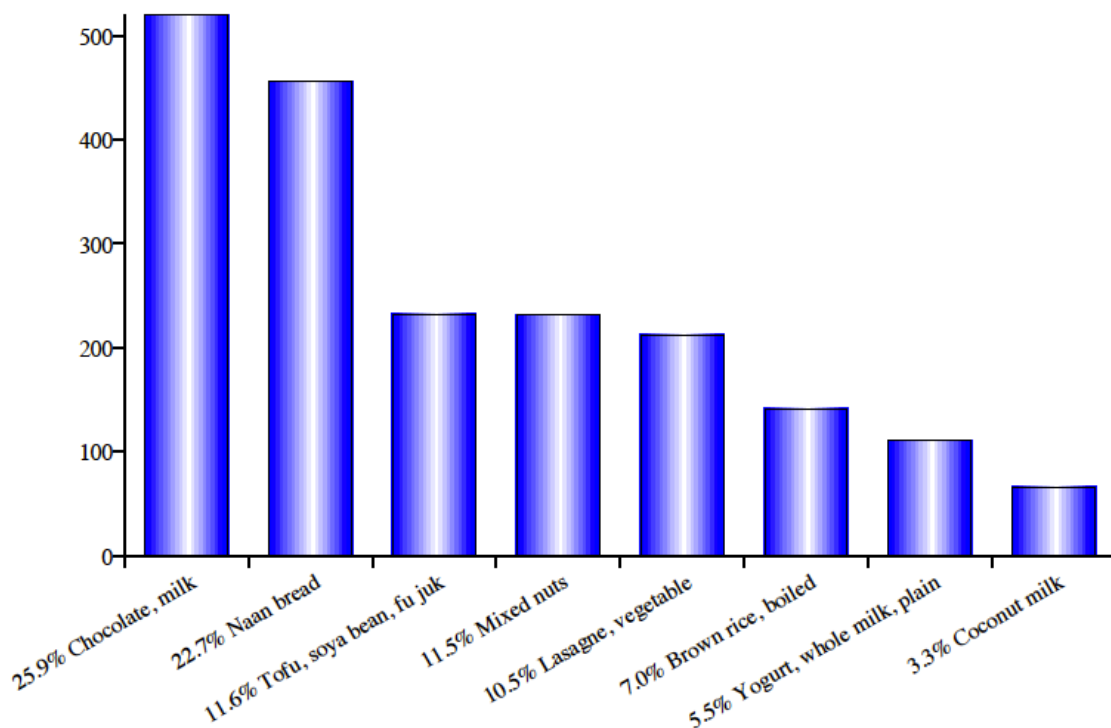
Your current average daily calorie intake:

3050 Calories

The guideline calorie intake is approximately 2000 for women and 2500 for men, however this varies depending on your height and activity level. If you are very active, you may need more calories, and if you are trying to lose weight, you may need less during a weight loss period.

“Your calorie intake is higher than the guidelines, and your activity levels are only moderate, therefore this may explain your overweight BMI of 26.5. Try reducing your calorie intake to 2000 a day and include medium intensity exercise 2-3 times a week such as a 20 minute jog or 30 minute cycle.”

Sources of nutrient: Energy (kcal)

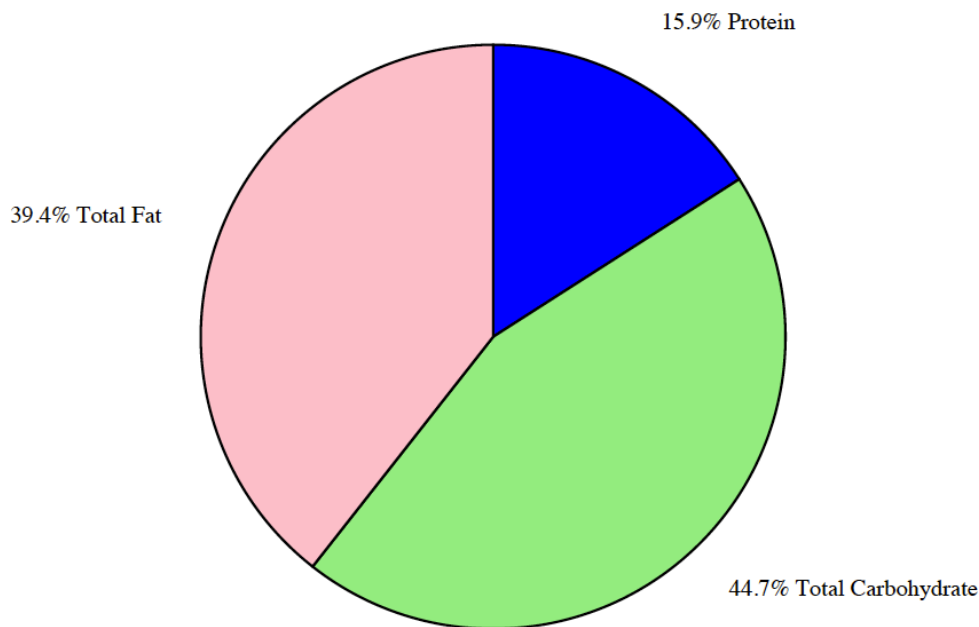


“When looking at the foods you consume in your diet, it is clear that two foods, chocolate and bread, take up a significant amount of the calories you have. Chocolate is one of the most calorie dense foods, high in fat and sugar and low in nutrients. Perhaps consider swapping milk chocolate for a hot chocolate made from 100% cocoa powder and milk. Cocoa powder is rich in nutrients, low in calories, high in iron, and may satisfy that chocolate craving with far less calories.”

Carbohydrate, fat and protein

Your intake of carbohydrates, fat and protein can affect your health and weight. The recommended balance for a normal healthy individual is 45-65% carbohydrates, 20-35% fat and 10-35% protein. The ratios recommended may change if you are trying to lose weight or build muscle for example.

Carbohydrate, fat and protein intake



“The pie chart above indicates that your carbohydrate, fat and protein intakes are all within the recommended ranges, however for weight loss, I would recommended having a slightly higher protein intake of approximately 30%. Try to include more high protein foods into your diet such as lean meat, fish, eggs, lentils, beans, nuts, seeds, yoghurt and low fat cheese.”

Carbohydrates:

Carbohydrates are found in grains such as oats, wheat, rye and rice, so breakfast cereals, bread and pasta are rich sources. Choose wholemeal options when possible for a slower release of energy and more nutrients. Carbohydrates are also found in fruit and vegetables such as potatoes.

Protein:

Protein is found in high amounts in meat and fish. Eggs, cheese, yoghurt, lentils, beans and nuts and seeds also contain significant amounts of protein.

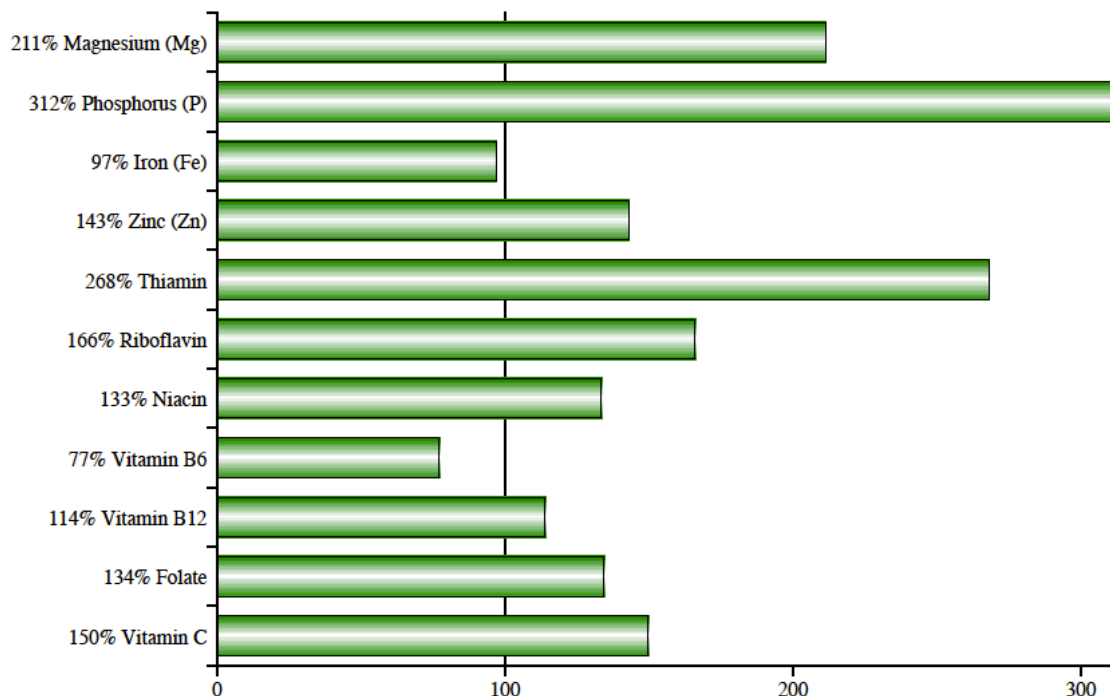
Fats:

Essential fats are found in fish, nuts and seeds, olive oil and avocado. Essential fats are needed for brain function, a healthy heart and healthy looking skin, hair and nails.

Nutrient intake

The nutrients listed in the graph below are commonly lacking in people's diets. EAR is the estimated average requirement of a nutrient depending on your age, sex, weight and activity level. Ideally, you should have a nutrient intake above the EAR.

Nutrients as a percentage of EAR



“Well done, your diet is rich in nutrients, with almost all reaching the Estimated Average requirement for your age and size. Your Iron and vitamin B6 are slightly lower than required. See the lists below for foods containing these nutrients.”

Iron rich foods include cocoa powder, tomato paste, branflakes, lamb liver, soya flour, mussels, beef steak, chickpeas, wholewheat pasta, dried apricots, Jerusalem artichokes, soya beans, baked beans, sardines, wild rice, pilchards and lentils.

Vitamin B6 rich foods include muesli, branflakes, sunflower seeds, lentils, all bran, potatoes, white fish, red kidney beans, avocado, lambs liver, tuna, bananas and baked beans.

Overall comments

“Your diet is generally very healthy including a good amount of nutrients. Your Iron and vitamin B6 are only slightly on the low side, however I would suggest increasing foods that are rich in both of these nutrients such as branflakes, fish and beans.”

“In terms of your weight loss goal, this should be manageable for you to achieve in 12 weeks or less as your calorie intake is currently higher than recommended for your age, sex and height. Reducing you calories to 2000 a day and increasing your physical activity will keep your metabolism high and allow your body to burn fat. Try not to restrict calories to less than 1800 calories, as this may slow down your metabolism and prevent weight loss.”

“Remember to reduce your chocolate intake and increase your protein intake. Protein satisfies you for longer and contains less than half the calories of fat.”

Additional weight loss tips:

- Have low GI (glycaemic Index) foods. These foods are slowly broken down and release their energy slowly to keep you fuller for longer. Low GI foods include whole foods such as brown wholewheat pasta, wholegrain bread, porridge oats, pulses and vegetables. Avoid having sugary foods, or processed grains such as white bread.
- Eat plenty of fibre from fruit and vegetables, wholegrains, lentils and beans.
- Drink 2-3 litres of water a day. Thirst can often be misunderstood as hunger, therefore if you are hydrated throughout the day, you are less likely to feel hungry.
- Choose low fat meat and dairy foods where possible, however be sure to include good amounts of essential fats from nuts and seeds, fish, olive oil and avocados.