

Your Report

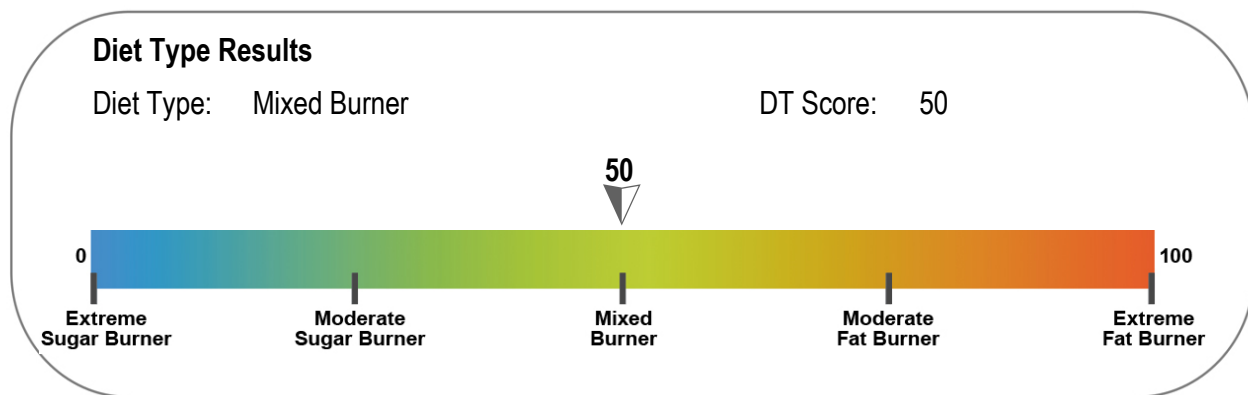
Name:	Sophia Bollino	Date Of Birth:	03/28/2002 (Age: 18 years)
Test Date:	09/16/2020	Gender:	Female
Current Weight:	210 lbs	Height:	5' 4"
Calculated Approximate Ideal Weight:	123 lbs	Activity Level:	Moderately Active
Daily Calorie Expenditure:	2662		
Primary Health Concern:	NONE		

Your Intolerances:
NONE

Your Other Adjustments:
NONE

Your Endocrine Type (if listed, read the Endocrine Type Guideline): Ovarian Type

Your Assessment Results:



Your Diet Type: Mixed Burner

Your body and all its cells run entirely on energy from the calories found in the foods you eat. These calories come almost entirely from the fats and carbohydrates contained in your diet, and to a very minor degree from protein.

Carbohydrates are the body's first choice for producing cellular energy, especially immediate energy. This is because carbohydrates, obtained easily from foods like grains, fruits and some vegetables, are very quickly converted to sugar in your body. Sugar is the body's most important fuel. But we can only store a small amount of sugar in the liver. On the other hand, fat is your body's primary energy source for sustained energy needs. Unlike sugars and fats, proteins are a poor source of energy, but are necessary to build, repair and maintain nearly all of the body's tissues and organs.

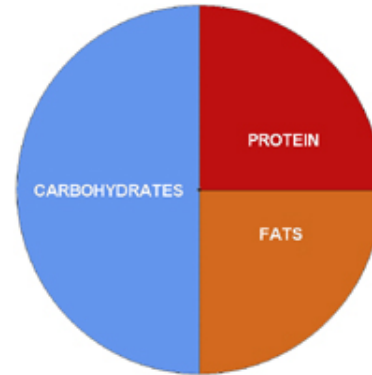
Those who utilize fat and carbohydrates with relatively equal efficiency are called Mixed Burners. The Mixed Burner requires a diet which provides the correct amounts and types of fats and carbohydrates for both immediate and sustained energy needs, in addition to adequate protein to maintain the body's integrity.

Your Recommended Daily Food Intake

Name: Sophia Bollino
 Test Date: 09/16/2020

Recommended Daily Food Intake Ranges

	-2 lbs / wk	Maintain Weight
Calories:	1662	2662
Protein:	68 grams	86 grams
Fat:	62 grams	103 grams
Carbohydrate:	209 grams	348 grams
Fiber:	23 grams	37 grams
Pure Water:	62 oz	105 oz



Approximate Calorie Ratios

Your Recommended Daily Intake Ranges were calculated using advanced scientific formulas to help you achieve or maintain your ideal body weight. To find your ideal daily food requirements, please follow the instructions in the supporting documents: Creating Whole Food Meals, Measuring Food Quantities, and Your Body Mind Food Log.

Finding the correct macronutrient ratios of proteins, carbohydrates, and fats, improves many health issues; especially weight loss, fatigue, mental clarity, and emotional well-being. The Macronutrients document and Your Body Mind Food Log are your best tools to help you discover your ideal daily meals to achieve optimal health.

Access Food Item and all supporting documents by registering and signing-in with your email id at: <https://DietTypeTest.com/?aid=VIVWNFZsUIZXa0pXTUZFOQ==> or by [Clicking Here](#).

If you are pregnant or breast-feeding, are a professional or competitive athlete, or have a metabolic disease (such as diabetes), we advise that you also seek the guidance of your medical or nutrition professional to further refine your calorie and macronutrient intake needs.