

Your Report

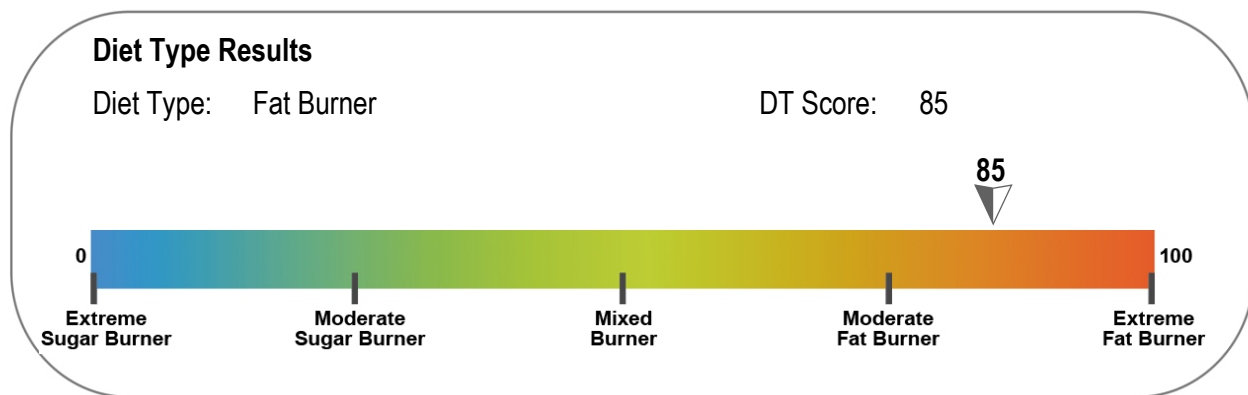
Name:	Diane Dees	Date Of Birth:	06/10/1965 (Age: 54 years)
Test Date:	10/26/2019	Gender:	Female
Current Weight:	147 lbs	Height:	5' 4"
Calculated Approximate Ideal Weight:	123 lbs	Activity Level:	Very Active
Daily Calorie Expenditure:	2159		
Primary Health Concern:	NONE		

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: Fat 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.

Of these three calorie sources, fats are the real king of calories. This is because fats provide almost twice especially weight loss, fatigue, mental clarity, and emotional well-being. The Macronutrients document and great source of stored energy and is your body's primary energy source for sustained energy needs. But it is not a good source of immediate energy. Carbohydrates are the body's best source of quick energy. Proteins are a poor source of energy, but are necessary to build, repair and maintain nearly all of the body's tissues and organs.

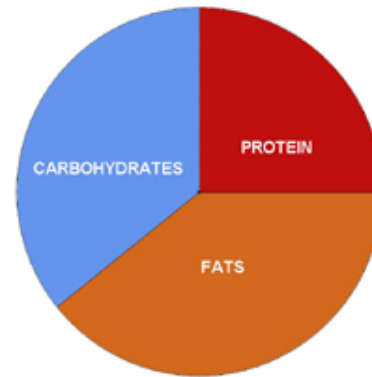
Those who utilize fat very efficiently are called Fat Burners. But you can be a Fat Burner and still have excess stored fat. The Fat Burner requires a diet which provides the correct amount and types of fat, but also adequate amounts of carbohydrates to meet its quick energy needs, and adequate protein to maintain the body's integrity.

Your Recommended Daily Food Intake

Name: Diane Dees
Test Date: 10/26/2019

Recommended Daily Food Intake Ranges

	-2 lbs / wk	Maintain Weight
Calories:	1159	2159
Protein:	80 grams	92 grams
Fat:	47 grams	99 grams
Carbohydrate:	105 grams	224 grams
Fiber:	16 grams	30 grams
Pure Water:	62 oz	74 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=Vkd0R1JsUnNRazFSZWxFOQ==> 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.