

Your Logo
Displayed Here

Your Report

Name: Samaresh Ghosh
Test Date: 08/10/2017
Current Weight: 143 lbs
Calculated Approximate Ideal Weight: 145 lbs
Daily Calorie Expenditure: 3056
Primary Health Concern: Alzheimer's Disease

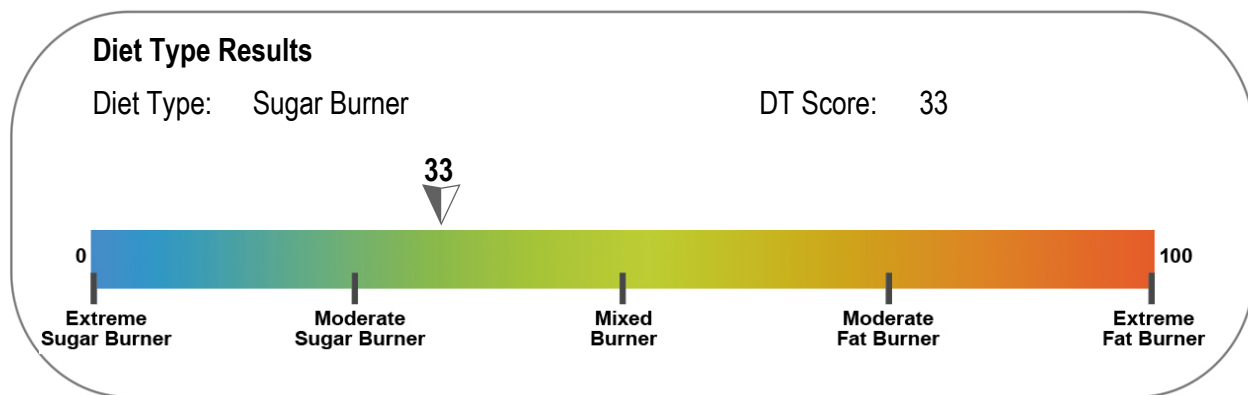
Date Of Birth: 08/10/1995 (Age: 22 years)
Gender: Male
Height: 5' 7"
Activity Level: Extra Active

Your Intolerances:
Dairy

Your Other Adjustments:
COMT++ Issues

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

Your Assessment Results:



Your Diet Type: Sugar Burner

Your body and all its cells run entirely on energy from the calories found in the foods you eat. Food calories come almost entirely from the fats and carbohydrates contained in the food, 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. When we have exhausted our stored sugar supply we turn to burning fat as fuel instead. But if you do not utilize fat efficiently, when your sugar supply runs out you will experience a number of problems including fatigue and exhaustion.

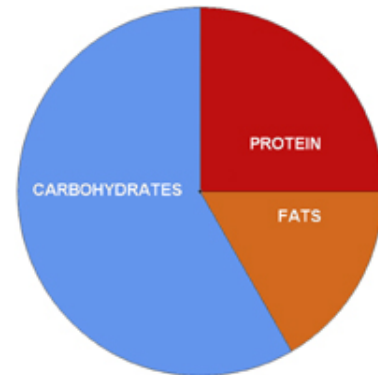
Those who utilize sugar very efficiently to create energy are called Sugar Burners. The Sugar Burner Type requires a diet which provides adequate carbohydrate intake to meet its sugar needs, but also the correct amount and types of fat to help continue to create energy when the sugar stored in the liver is depleted.

Your Recommended Daily Food Intake

Name: Samaresh Ghosh
Test Date: 08/10/2017

Recommended Daily Food Intake

Recommended Approximate Daily Calorie Intake: 3050
Recommended Minimum Daily Protein Intake: 3.7 oz or 106 grams
Maximum Daily Protein Intake: 4.1 oz or 116 grams
Beginning Daily Carbohydrate Intake: 17.6 oz or 499 grams
Beginning Daily Fat Intake: 2.4 oz or 68 grams
Minimum Daily Pure Water Intake: 73 oz



Approximate Relative Ratios

Your Recommended Daily Food Intake quantities were calculated using advanced scientific formulas to help you achieve or maintain your ideal weight. Your daily calorie intake may be more or less depending on your activity levels and/or weight loss goals. 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.

Your daily protein intake requirements have a minimum and a maximum limit because recent scientific information indicates that your protein needs change with your physical activity levels. Studies have linked high protein diets to adverse health conditions such as kidney dysfunction, dehydration, and cancer.

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

You can access Your Food List and Food Item Recipe documents by returning to the website where you entered your passcode to take your test, Register and sign-in with the email-id that corresponds with this report.

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.