

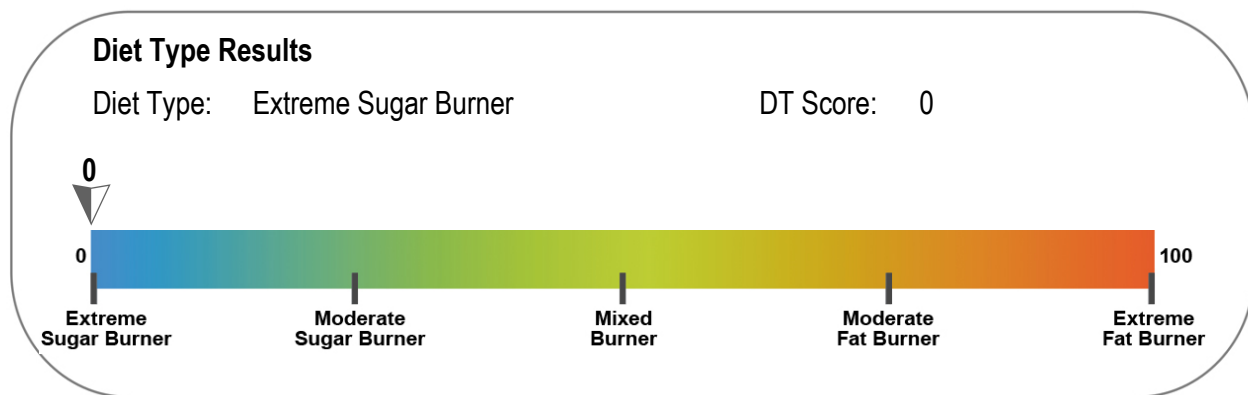
Your Logo
Displayed Here

Your Report

Name: Sofikul Islam
Test Date: 03/30/2017
Current Weight: 110 lbs
Calculated Approximate Ideal Weight: 135 lbs
Daily Calorie Expenditure: 1598
Primary Health Concern: NONE
Your Intolerances:
Soy
Your Other Adjustments:
Reduce Histamines

Date Of Birth: 03/30/1976 (Age: 41 years)
Gender: Male
Height: 5' 5"
Activity Level: Sedentary

Your Assessment Results:



Your Diet Type: Extreme 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: Sofikul Islam
Test Date: 03/30/2017

Recommended Daily Food Intake

- Recommended Approximate Daily Calorie Intake: 2100
- Recommended Minimum Daily Protein Intake: 1.94 oz or 55 grams
- Maximum Daily Protein Intake: 2.62 oz or 74 grams
- Beginning Daily Carbohydrate Intake: 12.98 oz or 368 grams
- Beginning Daily Fat Intake: 1.44 oz or 41 grams
- Minimum Daily Pure Water Intake: 67.5 oz or 1914 grams



Approximate Relative Ratios

The food quantities shown above have been calculated to help you achieve or maintain your approximate ideal weight. These values are derived from the most recent and advanced scientific formulas available. However, every person is biochemically unique and as such, your actual daily food intake must be further refined by following the instructions found in the document entitled "Implementing Your Food List".

Notice that your protein intake recommendations provide a range from minimum to maximum, while the fats and carbohydrates do not. Protein needs are far more complex to optimize. Contrary to traditional belief, recent scientific information collected on physically active individuals indicates activity levels change daily protein requirements and we have made those adjustments for you.

Current "paleo" or "high protein" diets seem ignorant of the fact that excess protein consumption can be quite harmful. Biochemistry tells us why. Unlike all others, we actually use biochemistry to determine that limit for you and have applied it to your results for your health and safety.

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.