

## Your Diet Typing Systems Report

Name:	Joshim Mollah	Date Of Birth:	05/13/1984 (Age: 32 years)
Test Date:	08/16/2016	Gender:	Male
Current Weight:	65 kgs	Height:	157 cm
Calculated Approximate Ideal Weight:	55 kgs	Activity Level:	Sedentary
Daily Calorie Expenditure:	1772		
Primary Health Concern:	Edema		

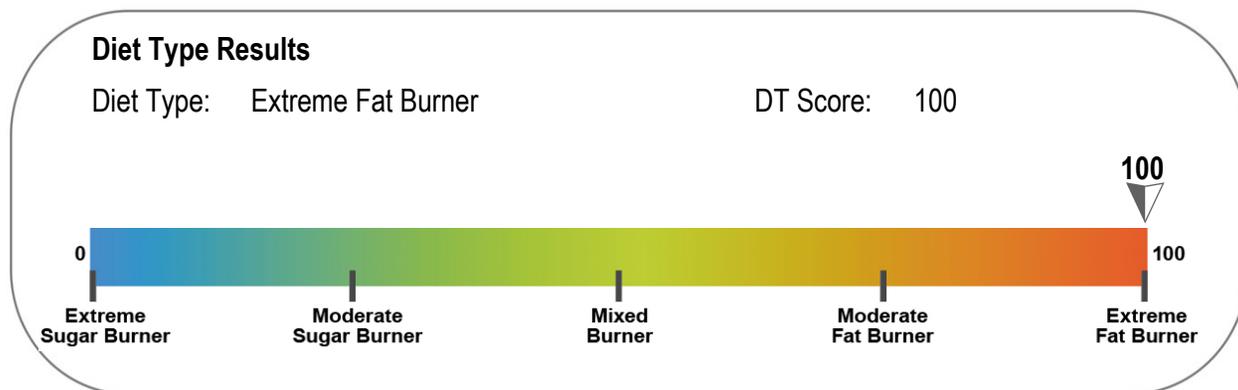
Your Intolerances:

Dairy, Eggs

Your Other Adjustments:

Increase Oxalates, Increase Sulfur Intake, Reduce Total Amine Intake, Increase Histamines

## Your Assessment Results:



### About The Extreme 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 the calories per gram as carbohydrates or proteins. And fats can obviously be stored in the body. Fat is a 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.

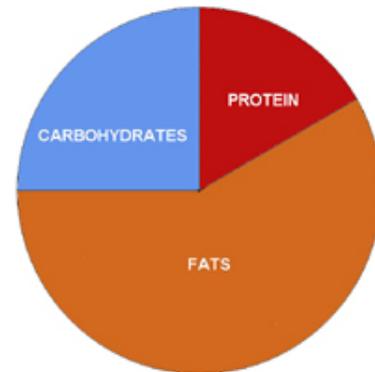
Those who utilize fat very efficiently are called Fat Burners. But you can be a Fat Burner and still have excess stored fat. The Fat Burner requires a diet which provides the correct amount and types of fat, but also adequate the correct amount of carbohydrates to meet its quick energy needs, and adequate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

## Your Recommended Daily Food Intake

Name: Joshim Mollah  
Test Date: 08/16/2016

### Recommended Daily Food Intake

Recommended Approximate Daily Calorie Intake: 1250  
 Recommended Minimum Daily Protein Intake: 1.55 oz or 44 grams  
 Beginning Daily Carbohydrate Intake: 4.83 oz or 137 grams  
 Beginning Daily Fat Intake: 2.15 oz or 61 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 Harris Benedict or Katch-McArdel equations depending on the measurements you entered. Your actual daily food intake should be further refined by the instructions in the document entitled "Implementing Your Diet".

If you are pregnant or breast-feeding, are a competitive athlete, or have a metabolic disease such as diabetes, the calculations used may over or under-estimate your actual caloric needs. Seek the guidance of your medical or nutrition professional in such cases.