

Diet Typing Report



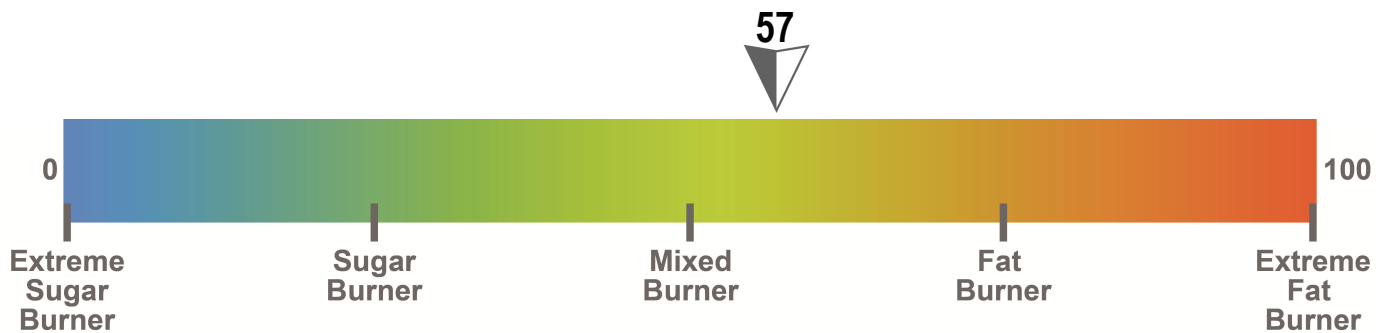
Name: Jay Pascarella

Test Date: 07/05/2016

Diet Type Results

Diet Type: Mixed Burner

DT Score: 57



The 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.

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Name: Jay Pascarella
Your Diet Type: Mixed Burner
Test Date: 07/05/2016
Age: 52
Gender: Male
Height: 5' 9"
Current Weight: 105 lbs
Approximate Ideal Weight: 144 - 154 lbs or 65 - 70 kgs
Daily Calories Burned: 1709
BMI (Body Mass Index): 15.5 = Anorexic (National Institutes of Health)
Primary Health Concern: Anxiety

Recommended Daily Food Intake

Approximate Daily Calorie Intake (Calories): 2200
Recommended Daily Protein Intake: 1.68 oz or 48 grams
Beginning Daily Carbohydrate Intake: 12.71 oz or 360 grams
Beginning Daily Fat Intake: 2.26 oz or 64 grams



Approximate Relative Ratios

The Recommended Daily Food Intake values shown above 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.