

Your Report

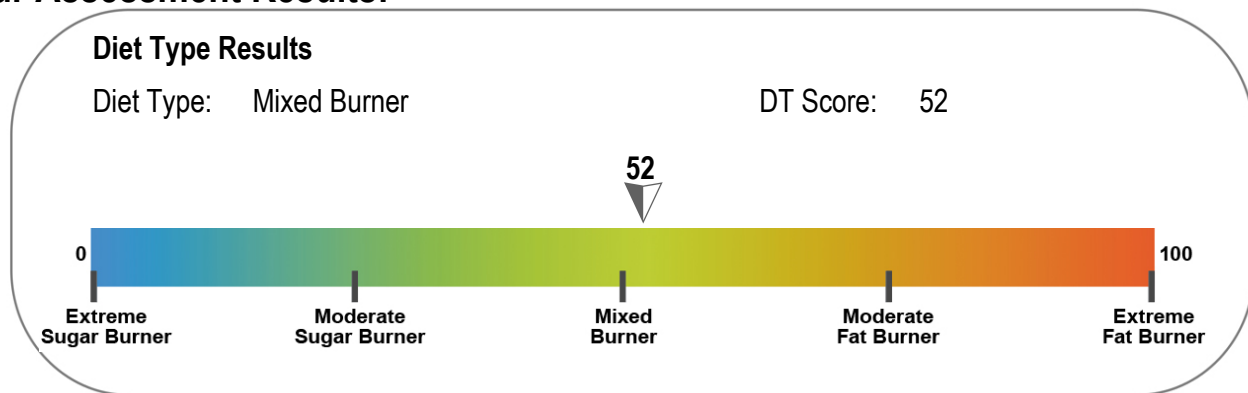
Name:	VICKY VALENCIA		
Test Date:	02/24/2018	Date Of Birth:	10/18/1961 (Age: 56 years)
Current Weight:	189 lbs	Gender:	Female
Calculated Approximate Ideal Weight:	119 lbs	Height:	5' 3"
Daily Calorie Expenditure:	1702	Activity Level:	Sedentary
Primary Health Concern:	GERD (gastroesophageal reflux disease)		

Your Intolerances:
Dairy, Gluten

Your Other Adjustments:
NONE

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

Your Assessment Results:



Your Diet Type: 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.

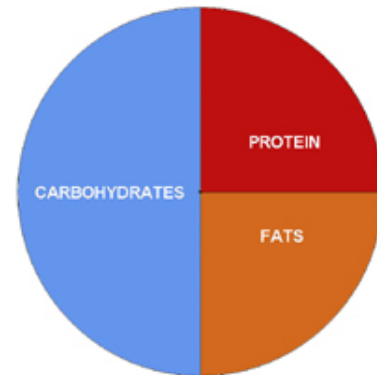
Those who utilize fat and carbohydrates with relatively equal efficiency are called Mixed Burners. The Mixed Burner requires a diet which provides the correct amounts and types of fats and carbohydrates for both immediate and sustained energy needs, in addition to adequate protein to maintain the body's integrity.

Your Recommended Daily Food Intake

Name: VICKY VALENCIA
Test Date: 02/24/2018

Recommended Daily Food Intake

Recommended Approximate Daily Calorie Intake: 1200
Recommended Minimum Daily Protein Intake: 1.7 oz or 48 grams
Maximum Daily Protein Intake: 2.3 oz or 65 grams
Beginning Daily Carbohydrate Intake: 6.1 oz or 174 grams
Beginning Daily Fat Intake: 1.1 oz or 31 grams
Minimum Daily Pure Water Intake: 60 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.