

Your Report

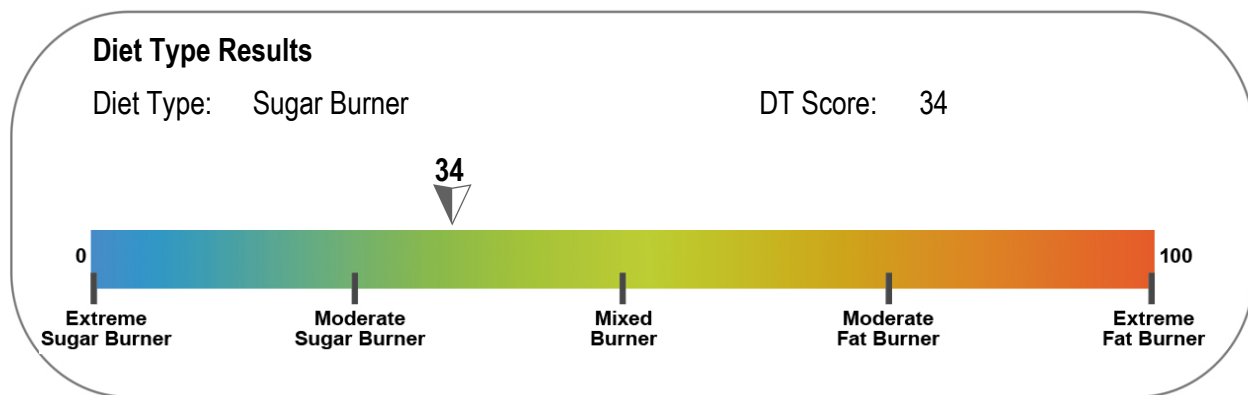
Name:	wendy thomson	Date Of Birth:	03/20/1962 (Age: 59 years)
Test Date:	02/25/2022	Gender:	Female
Current Weight:	166 lbs	Height:	5' 6"
Calculated Approximate Ideal Weight:	131 lbs	Activity Level:	Lightly Active
Daily Calorie Expenditure:	1849		
Primary Health Concern:	NONE		

Your Intolerances:
NONE

Your Other Adjustments:
NONE

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

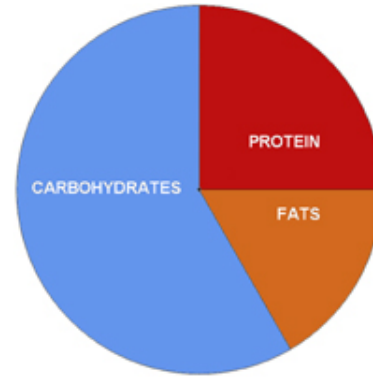
Those who utilize sugar very efficiently to create energy are called Sugar Burners. The Sugar Burner Type requires a diet which provides adequate carbohydrate intake to meet its sugar needs, but also the correct amount and types of fat to help continue to create energy when the sugar stored in the liver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

Your Recommended Daily Food Intake

Name: wendy thomson
 Test Date: 02/25/2022

Recommended Daily Food Intake Ranges

	-2 lbs / wk	Maintain Weight
Calories:	849	1849
Protein:	59 grams	79 grams
Fat:	21 grams	52 grams
Carbohydrate:	106 grams	266 grams
Fiber:	12 grams	26 grams
Pure Water:	66 oz	83 oz



Approximate Calorie Ratios

Your Recommended Daily Intake Ranges were calculated using advanced scientific formulas to help you achieve or maintain your ideal body weight. 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.

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

Access Food Item and all supporting documents by registering and signing-in with your email id at: <https://DietTypeTest.com/?aid=VmpCV1RWUKVva0pYUlc4OQ==> or by [Clicking Here](#).

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.