

Nutrition Report For Mrs J Sample

Your date of birth	1 April 1948	Female
Your weight 72.9kg	Your height 1.75M	
Your BMI (body mass index)	23.8	A healthy BMI is between 18.5 and 25. (BMI is calculated by dividing your weight by the square of your height, and is a general guide to let you know if you're within your healthy weight range)

Energy in and out

You recorded your diet over	seven	days
You reported your lifestyle as	light	you spend most of the day sitting (e.g office worker)
Your average intake through food	1,838	calories
Your average energy expenditure through exercise and fitness training	434	calories
Your net energy intake	1,404	calories
Your ideal energy intake	1,742	calories
On an average person, this would lead to a	loss	of weight over time

Fats

Your total average fat intake	50.5 grams	Your total fat intake should be about 30% of your calories
Fat intake as a proportion of your total calories	30 %	
Your total average saturated fat intake	10.4 grams	Your total saturated fat intake should not exceed 10% of your calories
Saturated fat intake as a proportion of your total calories	6%	
Your average cholesterol intake	361.2mg	Your average total cholesterol intake should not exceed 300mg/day

Protein

Your total average protein intake	122.7grams	Your average protein intake should be 30-40% of your calorie intake.
Protein intake as a proportion of your total calories	33%	



Carbohydrate

Your total average carbohydrate intake	154.3grams	Your average carbohydrate intake should be 30-40% of your calorie intake.
Carbohydrate intake as a proportion of your total calories	37%	
Fiber intake	26.4 grams	Your fibre intake should be 25-35g per day
Sugar intake	56.8 grams	Ideally, your sugar intake shouldn't exceed 25g, or 10% of your total calories. (1g sugar = 4 calories)
Sugar intake as a proportion of your total calories	12%	

Salt

Salt intake	762.4grams	Your maximum salt intake should not exceed 1,500mg to 2,400mg on average
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General recommendations based on this analysis:	<ul style="list-style-type: none"> • Reduce your cholesterol intake (eggs and shellfish contain high amounts of cholesterol) • Reduce your sugar intake; from sugar, honey, syrups, processed foods (check the label).
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This report is a general guide only and should not be used to treat a medical condition. The information provided is based on the information you submitted in your food recording sheets. This is not a naturopathic consultation, so only general diet recommendations can be made. See me for an in-clinic consultation if you want to address a specific health issue, and I will deduct the cost of this diet analysis from the fee for your first consultation.

