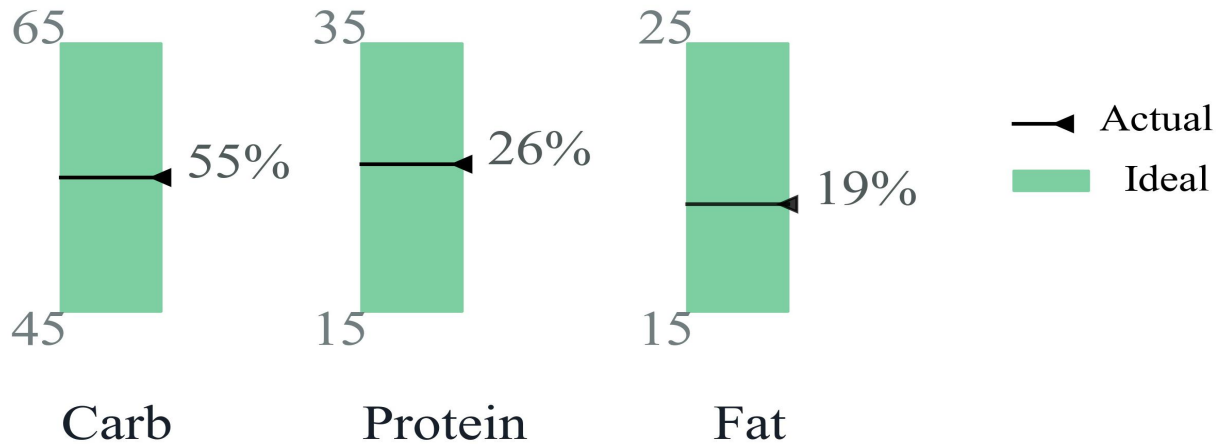


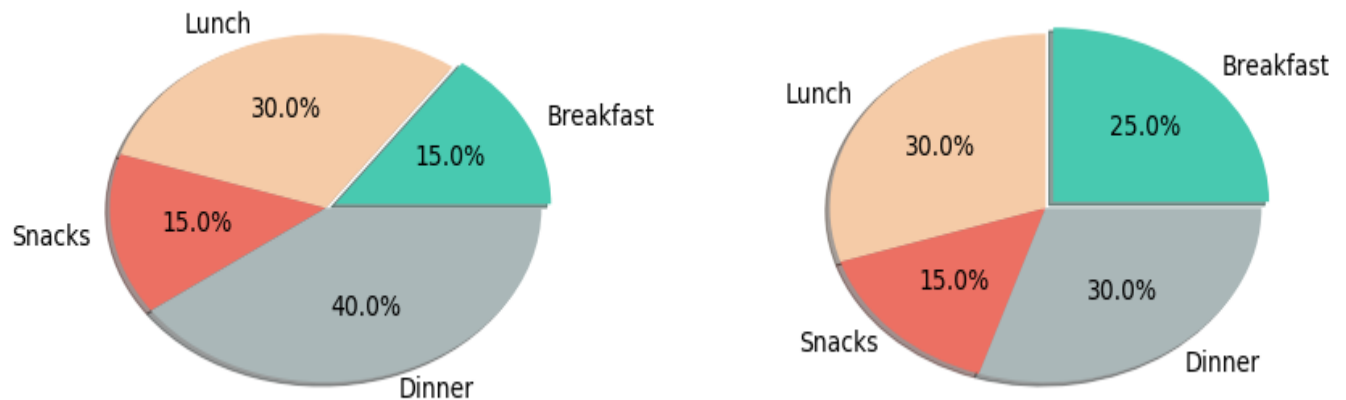


## WHAT YOU EAT



Macronutrients, namely Carbohydrates, Proteins & Fats, are consumed in large quantities and provide humans with bulk of energy. A healthy diet includes a balance of protein, carbohydrates and fats and Reducing or increasing any one of these nutrients can have major consequences on the body. Your current macronutrient intake is in the healthy range. Keep the good habit on!. You can add some fibrous food items in you diet such as banana/orange

## WHEN YOU EAT



You have most of the food at your dinner time. Please make a habit of eating as much as you can in your breakfast. This will help you feel energetic through out the day and maintain your body weight.

Doctor's Comment:-

---



---

## PHYSICAL ACTIVITY/ENERGY EXPENDITURE DETAILS

---

BASAL METABOLIC RATE

1603<sub>KCAL/D</sub>

DAILY EXERCISE

200<sub>KCAL/D</sub>

ENERGY EXCESS

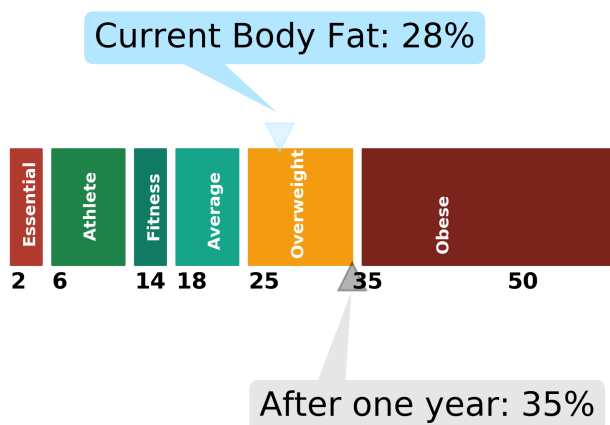
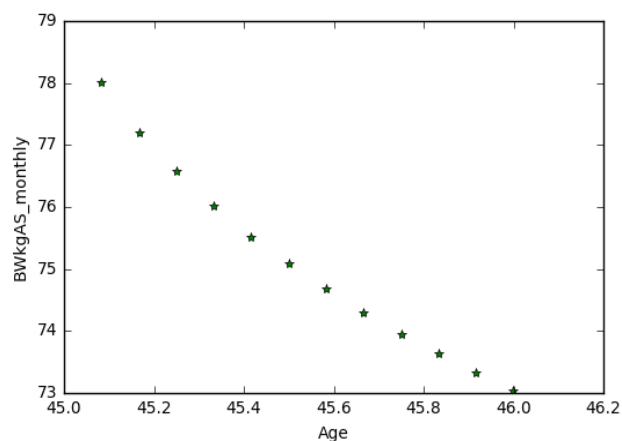
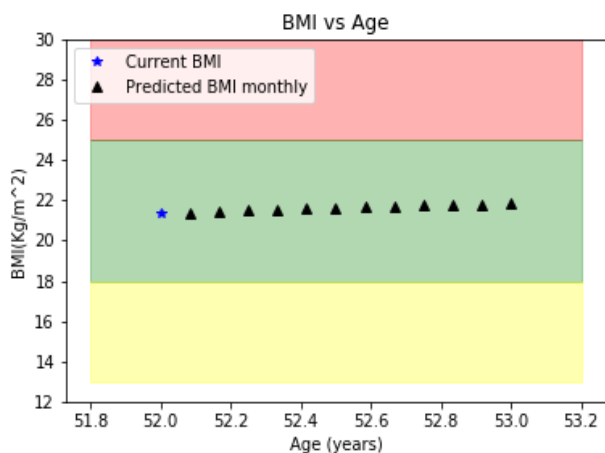
120<sub>KCAL/D</sub>

---

Doctor's Comment:-

---

## HEALTH PREDICTIONS



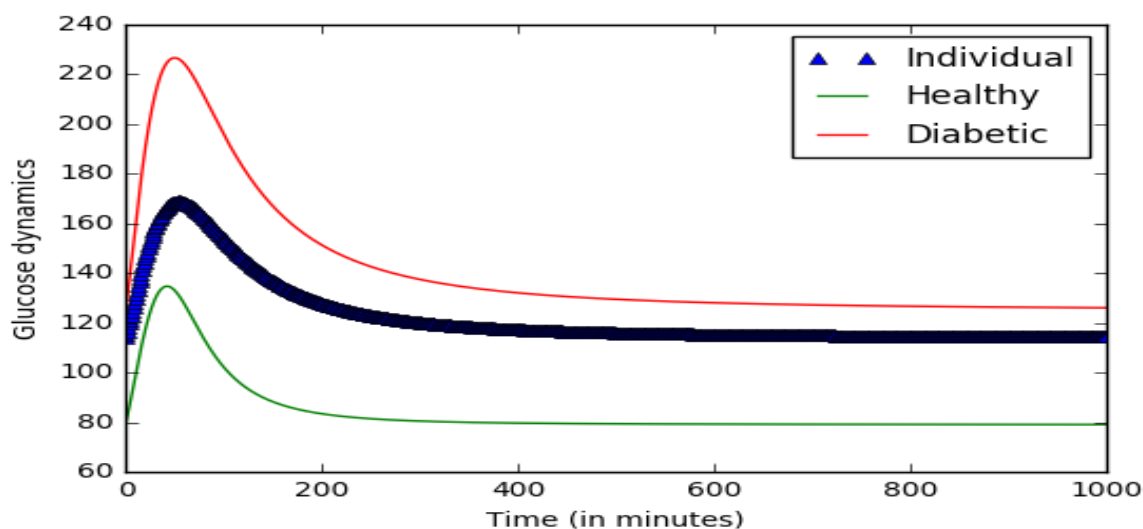
Doctor's Comment:-

---



---

## HEALTH PREDICTIONS



DIABETES RISK

36%

HEART RISK

17%

Doctor's Comment:-

---



---