



Name: Shaun
Surname: Mabena
Our Ref: Dr Lepidipidi

Date issued 2019-08-20

Diet recommendations

- Whole-grain breads
- Pastas
- Cereals
- Fruits and vegetables
- Dairy products
- Lean protein sources
- Nuts
- Seeds

Medical record

Blood type	AB
Allergies	Eczema
Height	162 cm
Weight	48 kg
BMI	3.5
Underweight/OK/Overweight	Underweight

****End of report****

IBEE HEALTH
Private bag x55
Hillcrest 0000
E-mail:ibee@medical.co.za
Tel: 011 115 1155
Fax: 011 110 1100

