

Health Analysis Report

Personal Information

Name:	Praniti
Age:	22
Weight:	50.0 kg
Height:	165.0 cm
BMI:	18.37
Daily Calorie Needs:	1953 kcal

Diet Recommendations

Daily Calorie Target: 1953 kcal

Meal	Food Item	Calories
Breakfast	Oats with almond milk and fruits	300 kcal
	Whole wheat toast with avocado	250 kcal
	Idli with sambar (no dairy)	280 kcal
	Brown rice with dal and vegetables	400 kcal
	Roti with palak tofu	350 kcal
	Quinoa salad with vegetables	380 kcal
	Moong dal khichdi	350 kcal
	Vegetable soup with whole wheat bread	300 kcal
	Grilled fish with steamed vegetables	400 kcal
	Handful of nuts	150 kcal
	Fruit salad	120 kcal
	Coconut yogurt with berries	180 kcal

Additional Notes

- Maintain regular meal timings
- Stay hydrated throughout the day
- Include a variety of fruits and vegetables
- Limit processed foods and sugary drinks
- Exercise regularly as per your fitness level