

Health Analysis Report

Personal Information

Name:	Rutuja
Age:	22
Weight:	80.0 kg
Height:	164.0 cm
BMI:	29.74
Daily Calorie Needs:	2408 kcal

Diet Recommendations

Daily Calorie Target: 2408 kcal

Breakfast

Food Item	Calories
Oats with almond milk and fruits	300 kcal
Whole wheat toast with avocado	250 kcal
Idli with sambar (no dairy)	280 kcal

Lunch

Food Item	Calories
Brown rice with dal and vegetables	400 kcal
Roti with palak tofu	350 kcal
Quinoa salad with vegetables	380 kcal

Dinner

Food Item	Calories
Moong dal khichdi	350 kcal
Vegetable soup with whole wheat bread	300 kcal
Grilled fish with steamed vegetables	400 kcal

Snacks

Food Item	Calories
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