

# Health Analysis Report

## Personal Information

Name:	Rutuja Dambir
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	300 kcal
Whole wheat toast	300 kcal
Idli with sambar	300 kcal

### ***Lunch***

Food Item	Calories
Oats with almond milk	400 kcal
Whole wheat toast	400 kcal
Idli with sambar	400 kcal

### ***Dinner***

Food Item	Calories
Oats with almond milk	350 kcal

Whole wheat toast	350 kcal
Idli with sambar	350 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