

Health Analysis Report

Personal Information

Name:	kartik
Age:	21
Weight:	75.0 kg
Height:	167.0 cm
BMI:	26.89
Daily Calorie Needs:	2368 kcal

Diet Recommendations

Daily Calorie Target: 2368 kcal

Breakfast

Food Item	Calories
Whole wheat toast	300 kcal
Idli with sambar	300 kcal

Lunch

Food Item	Calories
Whole wheat toast	400 kcal
Idli with sambar	400 kcal

Dinner

Food Item	Calories
Whole wheat toast	350 kcal
Idli with sambar	350 kcal

Snacks

Food Item	Calories
Handful of nuts	150 kcal
Fruit salad	120 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