

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