



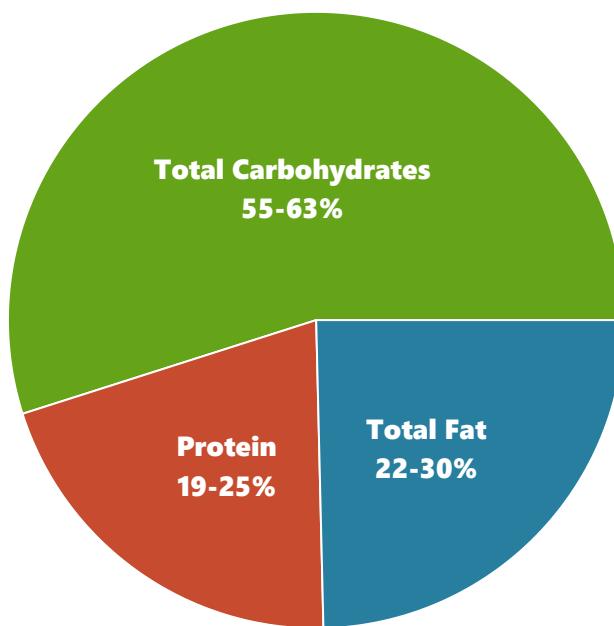
# Welcome, Charles!

Discovery can be fun, and we're excited you want to learn more about yourself.

Every day you're making decisions about what to eat. Now with insights about your genes, you'll be able to make even smarter decisions. Whether you're in a grocery store, a farmer's market, or your neighborhood restaurant, you now have the power to personalize your nutrition based on your genetic results.

**Enjoy Eating for Your Genes!**

## Your Recommended Macronutrient Intake



### **Total Carbohydrates**

55-63% of your daily caloric intake should come from mainly complex carbohydrates such as fruits, vegetables, and starchy grains.

**Protein**

19-25% of your daily caloric intake should come from quality proteins such as those found in your meat, seafood, legumes, and other protein categories on your My Foods page.

**Total Fat**

22-30% of your daily caloric intake should come from healthy fats such as those found in the fats and oils on your My Foods page.

**ALL RECOMMENDATIONS****TOP VEGETABLES**

Artichoke

**TOP LEAFY VEGETABLES**

Turnip Greens

**VIEW ALL MY FOODS**

# GenoPalate University

Check out GenoPalate University, where you'll find resources to help you understand your results and discover new information about genetics, nutrition and more.

**VISIT NOW**

# Additional Resources

## Group Orientation Session

Sign up for a live, 45-minute group orientation with a GenoPalate Dietician that covers how to review your report, how to interpret your results, and how to put it into action. There is an opportunity at the end for a question and answer session.



**SIGN UP FOR A GROUP ORIENTATION SESSION**

## Facebook Member Forum

Our Facebook Member forum is a community where you can share your story, learn from others, and gain the motivation to become your healthiest self by eating for your genes!



**JOIN OUR FACEBOOK MEMBER FORUM**

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We do not offer our services outside of the United States at this time.

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