

NutriFit AI - Consultation Report

Summary:

The client consults a dietitian about his daily diet and health. He typically wakes up at 7:00 AM, does warm-up exercises, and goes to work.

Key Health Concerns

- Low protein intake — What I can see like you are taking the average Indian food but the quantity of protein is very low.
- Unhealthy snacking — The most unhealthy or junk food options are available at the snack time only. (conf: 0.80)

Dietary Habits

- Breakfast: Toast, chai, sprouts, or bhuna chana. Two to three variations per week, including banana with milk or porridge.
- Lunch: Typical Indian diet with 2-4 chapatis, seasonal vegetables, dal, and 150-200g of rice. Seasonal vegetables vary.
- Snacks: Fried pakoras, bread pakora, maggi, poha, or pasta/macaroni. (conf: 0.70)
- Dinner: Similar to lunch with variations such as mixed vegetables, egg curry, or chicken/paneer (optional two days a week).

Suggested Improvements

- Increase protein intake in lunch and dinner
- Incorporate 1-2 hours of daily workout

Personalized Nutrition

- Calorie target: N/A
- Macro split: P 30% | C 40% | F 30%
- Hydration: 3.0 L/day
- Breakfast: Sprouts with a glass of milk
- Lunch: Two chapatis, mixed vegetables, 100g dal, and 150g rice with 100g of soyabeans
- Supplements: Protein supplements - support muscle growth if diet is insufficient