

My Nutrition Profile



Fred Smith (Sample Report) (M44) 06-26-2015

Good nutrition provides the energy needed for daily life and the required elements for all cell growth and repair. Making healthy food choices is essential for good health and prevention of disease.

Your Nutrition Score is 5/15



You currently meet 5 of 15 good nutrition indicators linked to health and longevity.

| Food Groups Summary | You | Recommended |
|--|------|------------------|
| Fruits and vegetables | 5 | 5-9 servings/day |
| * Whole grain breads/cereals | 2 | 3+ servings/day |
| Added sugar (teaspoons/day) | 3.1 | less than 9/day |
| * High glycemic foods | 3.6 | Less than 3/day |
| * Healthy fats (oils, flax, avocado) | 2.7 | 3+ servings/day |
| Legumes (beans, tofu, soy) | 3.0 | 3-7 servings/wk |
| * Nuts, nut butters, and seeds | 4.0 | 5-7 servings/wk |
| * Red and processed meats | 6.0 | 0-1 servings/wk |
| Healthy proteins (10+ g/serving) | 3.6 | 3+ servings/day |
| * Sodium/salt | 3.0 | < 2,300 mg/day |
| Other Nutrition Related Factors | | |
| Water intake, 8 ounce glasses | 5.0 | 5-8+ per day |
| * Breakfast, days per week | 5 | All or most days |
| * Body Mass Index (BMI) | 27.1 | 18.5 to 24.9 |
| Waist circumference (inches) | 37 | Less than 40 |
| * Aerobic exercise, moderate | 80 | 150+ min/week |
| * Strength training | 1 | 2-3 days/week |
| * Hours of sitting daily | 9.0 | Less than 8/day |

Your Nutrition Recommendations

Choose Healthy Carbohydrates

Eat fruits and vegetables often. Aim for 5-9 servings daily for best health. Include dark leafy greens, berries, and dark yellow choices often. Limit potatoes.

- * Choose primarily whole grain breads and cereals. Aim for 3+ servings daily, for example whole wheat bread, oatmeal, brown rice, and whole grain pastas.
- Limit sweets high in refined sugars such as candy, sugar, soft drinks, ice cream, and rich desserts.



- * Limit high glycemic foods that raise blood sugar levels quickly such as: white bread, white rice, French fries, soft drinks, and refined snack foods.

Choose Healthy Fats

- * Use unsaturated vegetable oils in place of solid or saturated fats. Examples include: extra virgin olive oil, soy, corn, Canola, and sunflower oils, flax meal, nuts, nut butters, seeds, olives, and avocado.



Choose Healthy Proteins

Eat legumes often: peas, beans, lentils, garbanzos, kidney beans, or black beans; at least 3-7 servings/week.

- * Eat nuts, seeds and nut butters, often, at least five 1-ounce servings per week for best health.
- Limit dairy to 1-2 servings per day of low fat options. Fortified soy milk is a healthy alternative to milk.
- * Limit red and processed meats. Healthier alternatives include beans, soy meats, nuts, fish, or poultry.
- Eat a healthy protein each meal, e.g. nuts, nut butter, beans, tofu, soy meats, egg, fish, LF dairy, or poultry.

Other Nutrition Guidelines

- * Limit sodium and foods high in salt: soy sauce, pickled foods, canned foods, chips, and packaged foods.
- Drink plenty of water, at least 5-8 glasses (8 oz.) daily, more if living in hot climates.
- * Eat breakfast daily. You will feel better, and your mind and body will perform better.
- * Supplements. Consider vitamin D daily, calcium if you use no dairy, and vitamin B-12 if vegan or over 50.

Your Weight

- * Maintain a healthy weight by eating well and being physically active. Avoid being too lean or too fat.
- * Your BMI is in the overweight range.
- Your waist circumference is in the normal range.

Your Physical Activity

- * Be more physically active. Aim for 150+ minutes of moderate or 90+ minutes of vigorous activity per week in 10-30+ minute blocks of time.
- * Do strength training exercises for 20+ minutes, 2 or more times/week.
- * Limit prolonged sitting time. Take frequent activity breaks.



Note: A marked '*' item indicates improvement is needed.

A health awareness program to help you improve nutrition and eating habits and to enjoy better health for a lifetime.