

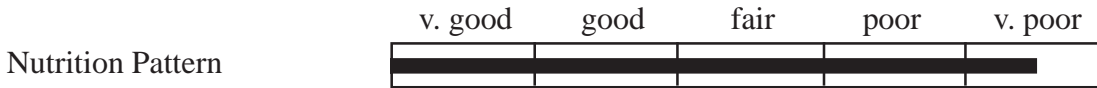




# Personal Health Assessment

## NUTRITION PATTERN

Based on the selections from the five food groups, your nutrition pattern was very poor. For more information go to [www.mypyramid.gov](http://www.mypyramid.gov).



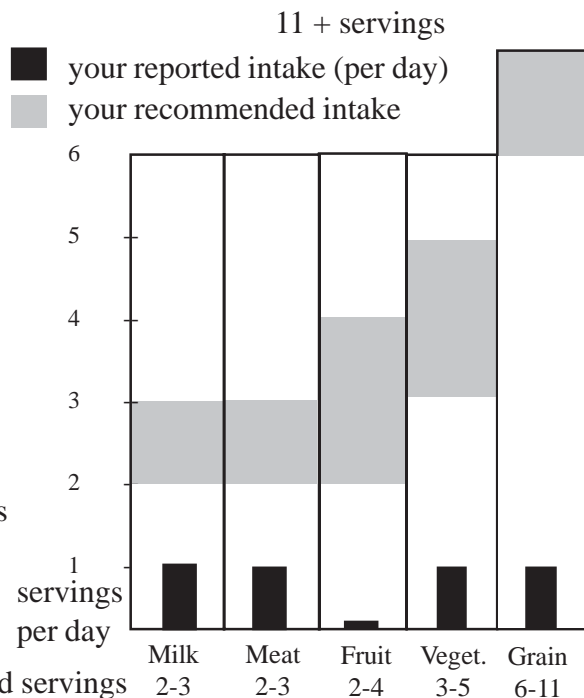
Your nutrition pattern reveals that you are eating a poorly balanced diet.

You seem to consume adequate amounts of food from the following groups:

- none reported

You seem to consume inadequate amounts of food from the following groups:

- milk, yogurt, cheese
- meats, fish poultry, dry beans, eggs, nuts
- fruits
- bread, cereal, pasta, rice
- vegetables



## DIETARY SUBSTANCES



**Sugar:** Limit your use of sugar both in food preparation and at the table: substitute fruits and nuts for sugary desserts.

**Salt:** You report a low use of salt in your diet. This is a good practice.

**Saturated Fat:** You report a low use of saturated fat in your diet. This is a good practice.

**Caffeine:** You report a low use of caffeine in your diet. This is a good practice.

**Alcohol:** Because you drink only occasionally, you have virtually eliminated this source of “empty” calories (about 150 cal./ounce), and have reduced your risk of liver damage and possibly of certain forms of cancer.



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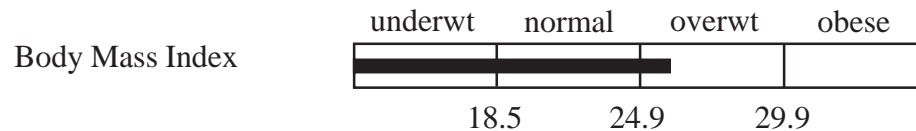
## **BODY MASS INDEX**

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Body Mass Index (BMI) is a value calculated using your height and weight. It tells you at a glance if you are overweight and if you may be at greater risk for chronic diseases associated with obesity.

BMI does not indicate your percentage of body fat, which is important, or how your body fat is distributed. If you are concerned about your weight and/or your muscle-to-fat relationship, ask your health care professional for additional information.

Your reported height: 62 inches  
 Your reported weight: 141 pounds  
 Your calculated BMI: 25.78



**Interpretation:** Your calculated Body Mass Index shows that you are overweight. Unless you are a well-muscled person, your percent of body fat may be too high. If so, a balanced diet and exercise program can help you achieve a BMI closer to normal.

## **WEIGHT CONTROL**

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You indicated that you would like to lose weight.

The following weight control suggestions are based solely upon your preference to lose. It is important to consult your doctor prior to making any major change in your diet.

If you ever want to lose weight, you should take in less calories than you put out. The best way to accomplish this is to increase your exercise/physical activity level and to decrease the amount of calories you eat. Research has shown that the pairing of exercise with diet results in a greater loss of fat tissue than diet alone or even exercise alone.

One pound of fat is approximately 3500 calories. To lose one pound a week, you need a daily caloric loss of 500 calories. This means that your caloric output (activity level) needs to be 500 calories greater each day than your caloric intake.

Based on your reported weight, we recommend an approximate caloric output of 1680 - 2016 calories each day. You should adjust your caloric intake to be 500-1000 fewer calories than your output. This will enable you to lose 1 - 2 pounds per week. **Caution:** We do not recommend a diet of less than 1000 calories/day unless you are under the direct supervision of a doctor. Remember to eat nutritious food. Choose lower calorie foods (especially if you snack) and food preparations (baked, boiling rather than frying). Limit sweets and other “empty”, non-nutritive calories.

## **TAKE CHARGE**

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Use this Nutrition Report and its related suggestions to begin making healthy changes in your diet. By improving your diet you can reduce your risk of heart disease and cancer. **TAKE CHARGE NOW!**