

LIFESTYLE NUTRITION 800-699-8106

Nutrition Recommendation

The focus of the **Weight Loss Program** is to supply you with optimum products and natural foods to achieve your ideal body composition. Your recommended caloric intake has been individually calculated to provide the essential nutrient combinations required by your body.

Exercise is an important factor in any health program. You should follow the exercise guidelines specified by your Health Care Professional.

Your caloric level has been adjusted for the level of physical activity. Excess calories which are consumed and not converted to **Lean Body Mass** or used during exercise will be stored as **Body Fat**.

The daily diet plan on the next page of this report is based on the American Dietetic Exchange Program. Each food group lists the number of "exchanges" for each meal. An exchange is simply a portion or serving size. Review your patient manual for a detailed exchange list of food items.

Caloric Energy Equation

Basal Metabolic Rate (BMR)		1686
	The number of calories burned by your Lean Body Mass in a 24 hour period at complete rest.	
Specific Dynamic Action of Foods (SDA)		168
	The number of calories required to process and utilize consumed foods.	
Resting Energy Expenditure (REE)		1854
	The sum of BMR and SDA. This represents the number of calories your body requires in a 24 hour period at complete rest.	
Activities of Daily Living (ADL)		370
	This is the approximate number of calories burned by your body during normal daily activities.	
Calories Burned by Exercise		95
	The number of calories burned by the exercises you selected. Also included is the level and intensity of your activities.	
Total Caloric Requirements:		2319
Weight Loss Program		-716
	The caloric deficit required to achieve weight loss of approximately 1.4 lbs per week.	
Recommended Caloric Intake		1603

The Caloric Energy Equation displays the formula for each individual's unique caloric requirements based on their lean body mass, activity level & exercises.

The LIFESTYLE program allows for the modification of total calories, percentage of protein, carbohydrates, and fat.

Nutrition plans for fat reduction, weight maintenance and muscle gain are available.