

## Comprehensive Training Diet Analysis

**Client: John Smith**

**Date: November 25, 2006**

Macronutrients	Value	Unit	Goal	%Goal	Vitamins	Value	Unit	Goal	%Goal
Kilocalories	1604	kcal	1500.0	107%	Vitamin A	469.3	RE	700.0	67%
Protein	62.7	g	75.0	83%	Vitamin C	50.3	mg	75.0	67%
Carbohydrate	205.0	g	210.0	98%	Vitamin D	2.9	µg	5.0	58%
Fat (Total)	59.9	g	40.0	150%	Vitamin E	2.3	mg	15.0	15%
Alcohol	2.2	g	*	*	Thiamin	0.9	mg	1.1	82%
Cholesterol	107.7	mg	300.0	36%	Riboflavin	1.3	mg	1.1	118%
Saturated Fat	19.0	g	10	190%	Niacin	6.7	mg	14.0	48%
Monounsaturated Fat	22.0	g	16	138%	Vitamin B6	1.5	mg	1.3	115%
Polyunsaturated Fat	7.7	g	14	55%	Folate	146.8	µg	400.0	37%
Dietary Fiber	18.8	g	30.0	63%	Vitamin B12	5.0	µg	2.4	108%
Sugar (Total)	94.8	g	*	*	Vitamin K	17.2	µg	90.0	19%

Food Group	Servings/Day	Minerals	Value	Unit	Goal	%Goal
Bread/Starch	3.8	Sodium	1966.7	mg	2400.0	82%
Fat	5.3	Potassium	1842.6	mg	4700.0	39%
Fruit	2.25	Calcium	667.2	mg	1000.0	67%
Protein	1.0	Iron	8.3	mg	18.0	46%
Dairy	1.5	Phosphorus	920.0	mg	700.0	131%
Other Carbohydrate	9	Magnesium	239.6	mg	320.0	75%
Vegetable	2.5	Zinc	5.6	mg	8.0	70%

Fuel Sources	%Calories	Goal
Protein	15.4%	18-22%
Carbohydrate	50.4%	55-60%
Total Fat	33.2%	25-30%
Alcohol	1.0%	*

KEY
Red = high
Blue = low
* = no goal value
Note: this nutrition analysis does not include nutrients from dietary supplements or multivitamin preparations

## NUTRITION HIGHLIGHTS

- Daily caloric intake: 1487, 1574, 2150, 1113, 1731. Average intake: **1604 calories** per day.
- Resting Metabolic Rate is estimated to be about 1550 calories per day and target intake to maintain weight is about 2000-2150 calories per day.
  - Target intake for weight loss is 1500-1650 calories per day, considering current mild-moderate training regimen.
  - *Weight gain or loss of 1 pound per week requires an increase or deficit of 500 calories per day from your maintenance calorie level per day, given training output.*
- Carbohydrate intake is slightly below recommended range at 50.4% of caloric intake but meets 98% of goal, thus, when total calorie intake decreases carb percentage is appropriate.
  - Carbohydrate is primary energy source and fuels exercise and training.
  - In addition to cereals and grains, fruit and low fat dairy can provide healthy carbohydrates. May benefit from adding these sources. Fruit can also provide fiber.
- Total fat intake is above the recommended goal at 33.2% of caloric intake.
  - Saturated fat can be decreased from chocolate and cheese.
  - Would benefit from redistributing fat intake- decreasing saturated fat and increasing intake of polyunsaturated fats (sesame seeds, soybean oil, walnuts, flaxseeds/flax oils, tuna, salmon, shrimp).
- Protein intake is just below the recommended goal level at 15.4% of caloric intake.
  - Protein intake is at 0.9g/kg body weight which is in recommended range.
  - To maintain protein intake but decrease dietary fat intake, consider including very low fat and low fat protein sources.
    - Very low fat protein (<2g fat/oz protein)- tuna, halibut, bass, shrimp, 1-2% cottage cheese, round/choice/90% lean beef, black beans, kidney beans, skinless poultry, egg whites
    - Low fat protein (3-4g fat/oz) - salmon, LF cheeses, flank steak, chickpeas.
- Alcohol intake appears to contribute approximately 1% of calories per day
- MICRONUTRIENTS:
  - Diet appears low in vitamin D, E, K, Niacin, Folate, Potassium, and Iron.
  - Good food sources of these nutrients are as follows:
    - VITAMIN D: fortified milk, fish oil, sunlight
    - VITAMIN E: vegetable oils, green leafy vegetables, whole grain products
    - VITAMIN K: green peppers, broccoli, spinach, green tea
    - NIACIN: lean meat, fish, nuts, seeds, whole grains, chicken
    - FOLATE: green leafy vegetables, legumes
    - POTASSIUM: bananas, orange juice, potatoes, bran cereals
    - IRON: meats, poultry, shellfish, green leafy vegetables, whole grains
- FLUIDS/HYDRATION:
  - Water – Aim for 3 L per day. Fluid needs increase as training increases. Often times the body mistake thirst for hunger which can lead to overeating. Adequate hydration is as important as sound nutrition.

## NUTRITION GOALS and RECOMMENDATIONS

### General Nutrition Guidelines:

- Choose whole grains and starchy vegetables (beans, potatoes) for complex carbohydrates
- Seek out a variety of fruits including berries, melons, apples, peaches, bananas
- Vary protein selections from lean beef, skinless poultry, fish, soy and legumes
- Consider non-fat/low-fat dairy or soy choices: yogurt, milk, cheese
- Use healthy oils, nuts, and seeds to increase unsaturated fat intake
- Avoid trans fat (hydrogenated oils) & reduce saturated fats (found most in fast foods, desserts)

### Specific Nutrition Recommendations:

- Focus currently should be to include approximately 1500 calories per day to reach goal of 155 pounds. When exercise increases calorie needs will increase to adequately fuel training.
- Calorie intake appears to be somewhat inconsistent and slightly unevenly spread out.
- Goal is to choose 3 balanced and varied meals per day with small snacks in between.
- Consider the following for variety:
  - Whole wheat toast with cottage cheese.
  - Low fat yogurt, fruit and nuts
  - Hummus and tomato/cucumber sandwich on whole wheat bread
  - Turkey and avocado on rye bread
  - Salad with a variety of vegetables: spinach, tomatoes, cucumber, peppers, onions, mushrooms, broccoli, carrots, etc. and lean protein sources: kidney beans, chick peas, grilled chicken, salmon, tuna, boiled egg whites.
- For days when workout is in the morning: consider the following plan:  
SAMPLE:           100-150 calories pre-workout (>60 minutes)  
                          400-450 calories for breakfast  
                          100-150 calories for snack late morning  
                          400-450 calories for lunch  
                          100-150 calories for afternoon snack  
                          400-450 calories for dinner
- Food record reflects a few high calorie snacks. Goal is to choose lower calorie options:
  - Graham crackers, bananas, whole grain English muffin/bread/half bagel, crackers with reduced fat peanut butter, Smart Balance Light or hummus, LF yogurt, granola bar, cottage cheese and nuts, fruit smoothies
- Variety and balance are very important to a healthy diet. Try to vary your grains, fruit, vegetables, protein sources and dairy/soy foods.
- Turkey meatballs appear numerous times during the 5-day record.

### Recommendations:

- Continue to track intake; can opt to submit food record bi-weekly for review
- Report weight weekly

### BEHAVIORAL GOALS:

- For the week:   1. Vary food choices  
                          2. Have 5-9 servings of fruit and vegetables per day  
                          3. 3 balanced and varied meals per day with snacks in between as needed
- For the month:  1. Limit calories to 1500-1650 calories per day  
                          2. Aim for 3L of fluid per day  
                          3. Increase fruit, vegetables, low fat dairy  
                          4. Vary grains and protein sources

### OUTCOME GOALS:

- For the week-   1. Healthy weight loss of 1-2 pounds per week  
                          2. Consistent energy throughout the day
- For the month-  1. Healthy weight loss of 4-8 pounds per month  
                          2. Consistent energy each day