



**Name:** Mr. Anas Hassan yussuf

**Age:** 29

**Assessment Date:** 13-10-2022

**Body composition analysis :**

weight: 78.4 kg

skeletal muscle mass: 31.1 kg

body fat mass: 22.8kg

**observation :**

current weight is within the normal range and fat mass is above the normal range while muscles are in the lower end of the normal range

it is advisable to start lowering the fat mass to the normal range while increasing the muscle mass to reap the full benefit of working out and the caloric expenditure of bigger muscle mass that will impact greatly the fat loss journey

**food habits observation :**

we are trying to add healthy items but still more inclined to choose taste over nutritional value while sometimes exceeding our caloric expenditure in terms of daily calories resulting an inflation in fat but still quiet often under delivering for our muscles mass in terms of nutritional needs

. It's advisable to ingest them with nutrient dense food while meeting my taste buds expectations

**recommendations:**

- Eat slowly and in small portions
- Drink water throughout the day
- Alternate among different foods and cooking methods (exclude fried foods)
- Reduce salt intake, replacing it with herbs and spices
- Avoid binge-eating
- Read carefully the nutrition facts/ labeling
- Eat meals and snacks on schedule
- Choose whole-grain foods like quinoa, oats, whole wheat), whole fruits, nuts, seeds, beans
- Choose low or reduced fat products (yoghurt, milk and cheese) and skinless and lean cuts of meat
- Practice regular physical activity (150 minutes per week)

**food to avoid unless in program :**

- Packaged snacks (pastries; milk chocolates; candy; cakes; cookies; pudding; pies)
- Sugar-sweetened beverages (soda; fruit drinks; sports drinks; fruit juices; sweet tea]
- Pre-made foods and Fast food and Processed foods (fries; salami; high-fat ham; bacon; sausage)
- Canned foods (except tuna; sardines and salmon)
- Sauces and gravies and Refined grains

**water recommendation : 2 to 2.5 liters**