



Name: Mr. Hossam el sallab

Age: 36

Assessment Date: 16-10-2022

Body composition analysis :

weight: 95.4kg

skeletal muscle mass: 37.1 kg

body fat mass: 29.8kg

observation :

while weight and muscle mass are above the normal range, our focus should be on the fat mass that is also above 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, as well as the caloric expenditure of bigger muscle mass that will impact greatly the fat loss journey

food habits observation :

you add healthy meals and items but the meal distribution is resulting in the evening to be more inclined to choose taste over nutritional value while often times exceeding our caloric expenditure in terms of daily calories that in turn resulting an inflation in fat but still quiet often under delivering to our muscles mass when it comes to nutritional needs

. It's advisable to intake them with nutrient dense food while meeting your 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

