



Name: Mr. Ahmed Ragab

Age: 40

Assessment Date: 26-12-2022

Body composition analysis :

weight: 79.4 kg

skeletal muscle mass: 34.9 kg

body fat mass: 17.9 kg

observation :

our weight is above the normal range due to our fat mass and muscles mass that are in the lower edge of the over range

it is advisable to start lowering the fat to the normal range while maintaining/increasing the muscle

food habits observation :

while you are keeping healthy food habits and food items you may be under eating in terms of nutrients while maybe exceeding your caloric expenditure in terms of daily calories in total sometimes if we are not careful fasting can be a double edged tool

so meeting my macro nutrients needs with nutrient dense food is recommended

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 (quinoa, oats, barley, whole wheat), whole fruits, nuts, seeds, beans and plant oils (olive oil);

Choose low or reduced fat products (yoghurt, milk and cheese) and skinless and lean cuts of meat (chicken and turkey breast, pork tenderloin, beef round, sirloin or tenderloin);

Practice regular physical activity (150 minutes per week)

food to avoid unless in program :

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

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grains (white bread; white rice; white pasta) and Alcoholic beverages

water recommendation :

2,5 to 3 liters