Name: Roberta Sample  
Subject ID:  
Test Date: 4:38 PM; February 18, 2014  
Report Printed on: 1:37 PM; April 8, 2015

<table>
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<th>Activity Level</th>
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<td>RJL Systems</td>
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<th>Neck</th>
<th>Hips</th>
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<th>A1C</th>
<th>Cholesterol</th>
<th>Triglycerides</th>
<th>HDL</th>
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<table>
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<tr>
<td>Weight</td>
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<tr>
<td>Fat</td>
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<td>39.6 - 84.8 lbs</td>
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<tr>
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<td>33.1%</td>
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<tr>
<td>Fat-Free Mass (FFM)</td>
<td>125.2 lbs</td>
<td>81.5 - 110.1 lbs</td>
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<td>FFM % of Total Weight</td>
<td>66.9%</td>
<td>55.1 - 68.3%</td>
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<td>Bone Mineral Content (BMC)</td>
<td>8.3 lbs</td>
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<td>BMC % of Total Weight</td>
<td>4.5%</td>
<td>4.5 - 4.6%</td>
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<tr>
<td>BMC % of FFM</td>
<td>6.7%</td>
<td>6.4 - 7.9%</td>
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<tr>
<td>Lean Soft Tissue (LST)</td>
<td>116.8 lbs</td>
<td>77.7 - 106.9 lbs</td>
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<tr>
<td>LST % of Total Weight</td>
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<td>52.0 - 67.0%</td>
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<tr>
<td>LST % of FFM</td>
<td>93.3%</td>
<td>92.1 - 93.6%</td>
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<tr>
<td>Skeletal Muscle Mass (SMM)</td>
<td>54.9 lbs</td>
<td>39.4 - 56.5 lbs</td>
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<td>SMM % of Total Weight</td>
<td>29.4%</td>
<td>26.6 - 35.0%</td>
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<tr>
<td>SMM % of FFM</td>
<td>43.9%</td>
<td>44.7 - 51.7%</td>
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<tr>
<td>Lean Dry Mass (LDM)</td>
<td>39.9 lbs</td>
<td>20.5 - 27.9 lbs</td>
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<td>21.3%</td>
<td>13.6 - 17.6%</td>
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<td>LDM % of FFM</td>
<td>31.9%</td>
<td>23.8 - 26.8%</td>
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<td>Total Body Water (TBW)</td>
<td>85.3 lbs</td>
<td>60.7 - 82.5 lbs</td>
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<td>45.6%</td>
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<tr>
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<td>68.1%</td>
<td>73.2 - 76.2%</td>
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<tr>
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<td>42.4 lbs</td>
<td>33.2 - 42.2 lbs</td>
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<td>ICW % of FFM</td>
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<tr>
<td>Extra-Cellular Water (ECW)</td>
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<td>19.6 - 23.7%</td>
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<tr>
<td>ECW % of FFM</td>
<td>34.2%</td>
<td>33.5 - 36.9%</td>
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<tr>
<td>ECW % of TBW</td>
<td>50.3%</td>
<td>45.1 - 49.0%</td>
</tr>
<tr>
<td>Body Mass Index (BMI)</td>
<td>27.8</td>
<td>22.4 - 34.3</td>
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<tr>
<td>Fat Mass Index (FMI)</td>
<td>9.2</td>
<td>7.1 - 15.2</td>
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<tr>
<td>Fat-Free Mass Index (FFMI)</td>
<td>18.6</td>
<td>14.9 - 19.4</td>
</tr>
<tr>
<td>Phase Angle (PA)</td>
<td>5.6 Degrees</td>
<td>5.8 - 7.7 Degrees</td>
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<tr>
<td>Basal Metabolic Rate (BMR)</td>
<td>1717.2 Calories</td>
<td>1172.0 - 1481.9 Calories</td>
</tr>
<tr>
<td>Daily Energy Expenditure (DEE)</td>
<td>2232.4 Calories</td>
<td></td>
</tr>
</tbody>
</table>

Please note that these ranges represent average values taken from a treatment of the NHANES-III survey data. They are not meant to be "Clinical" or "Ideal" ranges.
Estimated Fluids Distribution

ICW is 49.7% of TBW
ECW is 50.3% of TBW

Body Composition History

Phase Angle History
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<tr>
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<th>5/18/2012</th>
<th>8/28/2012</th>
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<td>R</td>
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<td>Fat</td>
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<td>Fat % of Weight</td>
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<td>44.2 %</td>
<td>38.4 %</td>
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<td>4.4 %</td>
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<td>4.4 %</td>
<td>4.5 %</td>
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<td>8.6 %</td>
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<td>SMM % of Weight</td>
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<td>22.9 %</td>
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<td>29.4 %</td>
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<td>41.3 %</td>
<td>41.0 %</td>
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<td>LDM % of Weight</td>
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<td>15.5 %</td>
<td>17.1 %</td>
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<td>21.3 %</td>
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<tr>
<td>LDM % of FFM</td>
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<td>30.3 %</td>
<td>30.7 %</td>
<td>31.6 %</td>
<td>31.9 %</td>
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<tr>
<td>TBW</td>
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<td>98.3</td>
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<td>85.3</td>
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<tr>
<td>TBW % of Weight</td>
<td>32.1 %</td>
<td>35.6 %</td>
<td>38.7 %</td>
<td>42.1 %</td>
<td>45.6 %</td>
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<td>69.3 %</td>
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<td>46.8 %</td>
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<td>48.1 %</td>
<td>49.7 %</td>
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<td>52.5</td>
<td>52.0</td>
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<td>42.9</td>
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<tr>
<td>ECW % of TBW</td>
<td>53.4 %</td>
<td>53.2 %</td>
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<td></td>
<td></td>
<td>104.0</td>
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</table>
You are currently 43.00 lbs over your target weight of 144.00 lbs and it has been suggested that you try to lose 0.96 lbs per week. At this rate, it will take you 45 weeks to reach your goal. Work with your healthcare practitioner on strategies designed to help manage your total body weight, while building and maintaining muscle and bone density, and losing only unnecessary retained water and body fat.

Based on your body composition and activity level, your body would require approximately 2232 calories to keep your weight stable. You can lose weight by increasing your daily activity and/or decreasing your food intake. The more active you can make your day, the less restrictive your food intake has to be in order to maintain the same rate of weight loss.

Remember that the quality of the calories you eat also matters. For example, a candy bar and a piece of fruit may have the same number of calories, but the fruit contains more nutrients and fiber to help slow the absorption of its natural sugars.

Research shows that people who enjoy a variety of activities have a positive effect on several health markers. The following table offers a selection of lifestyle and fitness activities for your reference. It also includes an estimate of how many calories you would burn doing each activity for various time periods. Consider trying to work in an average of 246 Calories of added activity each day.
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<th>Calories burned per</th>
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<td>10 Minutes</td>
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<tr>
<td>bicycling, mountain, general</td>
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<tr>
<td>bicycling, leisure, 9.4 mph</td>
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</tr>
<tr>
<td>bicycling, 14-15.9 mph, racing or leisure, fast, vigorous effort</td>
<td>352</td>
</tr>
<tr>
<td>Elliptical trainer, moderate effort</td>
<td>264</td>
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<tr>
<td>health club exercise, conditioning classes</td>
<td>275</td>
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<tr>
<td>stretching, mild</td>
<td>121</td>
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<tr>
<td>yoga, Hatha</td>
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<tr>
<td>yoga, Power</td>
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<td>ballet, modern, or jazz, general, rehearsal or class</td>
<td>176</td>
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<tr>
<td>aerobic, low impact</td>
<td>176</td>
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<tr>
<td>aerobic, high impact</td>
<td>185</td>
</tr>
<tr>
<td>vacuuming, general, moderate effort</td>
<td>116</td>
</tr>
<tr>
<td>walk/run, playing with animals, moderate effort, only active periods</td>
<td>211</td>
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<tr>
<td>shoveling snow, by hand, moderate effort</td>
<td>187</td>
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<tr>
<td>playing musical instruments, general</td>
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<tr>
<td>jog/walk combination (jogging component of less than 10 minutes)</td>
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<td>Running, 4 mph (13 min/mile)</td>
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<td>running, 5 mph (12 min/mile)</td>
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<td>running, 6 mph (10 min/mile)</td>
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<td>running, 7.5 mph (8 min/mile)</td>
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<td>running, 8.6 mph (7 min/mile)</td>
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<td>hockey, ice, general</td>
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<td>martial arts, different types, slower pace, novice performers, practice</td>
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<tr>
<td>rope jumping, slow pace, &lt; 100 skips/min, 2 foot skip, rhythm bounce</td>
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<tr>
<td>soccer, casual, general (Taylor Code 540)</td>
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<td>volleyball, non-competitive, 6 - 9 member team, general</td>
<td>53</td>
</tr>
<tr>
<td>walking for transportation, 2.8-3.2 mph, level, moderate pace, firm surface</td>
<td>62</td>
</tr>
<tr>
<td>backpacking, hiking or organized walking with a daypack</td>
<td>137</td>
</tr>
<tr>
<td>walking, household</td>
<td>35</td>
</tr>
<tr>
<td>walking, 3.5 mph, level, brisk, firm surface, walking for exercise</td>
<td>76</td>
</tr>
<tr>
<td>kayaking, moderate effort</td>
<td>88</td>
</tr>
<tr>
<td>swimming laps, freestyle, fast, vigorous effort</td>
<td>172</td>
</tr>
<tr>
<td>swimming, leisurely, not lap swimming, general</td>
<td>106</td>
</tr>
<tr>
<td>skiing, cross country, 4.0-4.9 mph, moderate speed and effort, general</td>
<td>158</td>
</tr>
<tr>
<td>skiing, downhill, alpine or snowboarding, moderate effort, general, active time only</td>
<td>93</td>
</tr>
</tbody>
</table>
**SAMPLE MEAL PLAN for 2000 CALORIES**

The following sample meal plan meets or exceeds the dietary guidelines set by the American Heart Association, the American Cancer Society and the Surgeon General. The Health Enhanced Options provide suggestions that are high in fiber and phytonutrients, and contain no cholesterol. These options are also dairy-free, and often wheat-free and gluten-free, as well. If you have specific concerns, be sure to read ingredient labels.

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Quantity</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>0.5</td>
<td>Quinoa Rice &amp; Shine(tm) OR Oatmeal</td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>Engine 2 Ancient Grain Sprouted Tortilla OR Whole wheat bread</td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>Earth Balance(tm) OR Other margarine</td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>Almond/Rice/Soy/Oat Milk OR Skim Milk</td>
<td></td>
</tr>
<tr>
<td>0.5</td>
<td>Grapefruit OR Banana</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Lunch</th>
<th>Quantity</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>Engine 2 Ancient Grain Sprouted Tortilla OR Whole wheat bread</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Lightlife ChikN Cutlet(tm) OR Sliced chicken</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Spectrum Naturals Light Canola Mayo(tm) OR Light Mayonnaise</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Jicama/Red Pepper/Cauliflower slices OR Carrot/Celery sticks</td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>Peach OR Orange</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>Nilla(tm) wafers OR Vanilla wafers</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Zevia(tm) OR Diet soft drink</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Dinner</th>
<th>Quantity</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>Baked Tofu Cutlet OR Broiled whitefish</td>
<td></td>
</tr>
<tr>
<td>0.67</td>
<td>Brown/Wild Rice OR Rice</td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>Heaven Mills(tm) gluten free mini challah OR Dinner roll</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Earth Balance(tm) OR Other margarine</td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>Collard greens OR Spinach</td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>Tossed Salad and Light Dressing</td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>Almond/Rice/Soy/Oat Milk OR Skim Milk</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Snack</th>
<th>Quantity</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Vegan Gourmet(tm) Cheese OR Lowfat cheese</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Engine 2 Ancient Grain Sprouted Tortilla OR Whole wheat bread</td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>Earth Balance(tm) OR Other margarine</td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>Pineapple Juice OR Orange juice</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>Walnuts OR Life Savers(tm)</td>
<td></td>
</tr>
</tbody>
</table>
Higher Protein Foods

Foods that are higher in protein are used by the body to build tissue and muscle. All proteins, whether from plant or animal, are broken down by the body into amino acids, and then re-built into the proteins your body needs.

Proteins from plants will also contain fiber. Proteins from animals, birds, fish or insects will also contain cholesterol.

<table>
<thead>
<tr>
<th>HEALTH ENHANCED OPTIONS</th>
<th>STANDARD MENU OPTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>(also contain fiber)</td>
<td>(also contain cholesterol)</td>
</tr>
<tr>
<td>1 Black bean burger</td>
<td>½ cup Chicken</td>
</tr>
<tr>
<td>1 cup Peas</td>
<td>½ cup Turkey</td>
</tr>
<tr>
<td>1 cup Vegetarian Chili</td>
<td>½ cup Beef, beef ribs, steak, hamburger</td>
</tr>
<tr>
<td>1 cup Snap peas or pea pods</td>
<td>½ cup Fish</td>
</tr>
<tr>
<td>1 cup Red beans</td>
<td>½ cup Shellfish</td>
</tr>
<tr>
<td>1 cup Tofu, edamame, or soybeans</td>
<td>½ cup Ham, Pig, pork, pork ribs, sausage</td>
</tr>
<tr>
<td>½ cup Hummus</td>
<td>½ cup Lamb</td>
</tr>
<tr>
<td>½ cup Garbanzo beans</td>
<td>½ cup Buffalo</td>
</tr>
<tr>
<td>1 cup Pea Soup</td>
<td>2 slices Lunchmeat, bologna</td>
</tr>
<tr>
<td>1 cup Quinoa</td>
<td>½ cup Cottage Cheese</td>
</tr>
<tr>
<td>½ cup Sprouts</td>
<td>1 Egg</td>
</tr>
<tr>
<td>½ cup Veggie Burger Crumbles</td>
<td></td>
</tr>
<tr>
<td>1 cup Lentils or Mujadra</td>
<td></td>
</tr>
<tr>
<td>1 Bean burrito</td>
<td></td>
</tr>
</tbody>
</table>
Humans need dietary fats for insulation, warmth, and healthy nerve conduction. An adequate amount of fat is also required to be able to absorb vitamins A, D, E, and K.

There are basically five different types of dietary fats: Essential, monounsaturated, polyunsaturated, saturated, and trans fats. Compared to the Standard American Diet intake, the World Health Organization recommends higher essential fats (like omega 3s), sufficient monounsaturated and polyunsaturated fats, lower saturated fat, and no trans fat (hydrogenated oils). The foods on the HEALTH ENHANCED list of choices contain no cholesterol.

(Please note that animal and poultry foods are high in fat, but they are also considered protein foods. For this reason, you will find them listed on the Higher PROTEIN Foods List, on the STANDARD MENU List.)

### HEALTH ENHANCED OPTIONS

- 2 TB non-dairy salad dressing
- 2 TB of chia seeds
- 2 TB of hempseeds
- 2 TB of ground flax seeds
- 1 handful Walnuts
- ½ Avocado
- ¼ cup Coconut
- 1 TB Earth Balance margarine
- 1 TB of Nayonnaise
- 2 Olives
- 1 TB Olive Oil
- 2 TB Sesame seeds
- 2 TB tahini sauce
- ½ cup non-dairy pudding
- 1 handful Almonds
- 1 handful Peanuts, Cashews, or Pecans
- 2 TB peanut butter
- 2 TB almond butter
- 2 TB cashew butter

### STANDARD MENU OPTIONS

- 1 TB of mayonnaise
- 1 TB of butter, ghee, lard, shortening or margarine
- 1 TB of coconut oil
- 1 TB of corn, safflower, sunflower oil
- 2 TB Cream
- ¼ cup cottage cheese
- 1 TB cream cheese
- 1 slice or 3 cubes cheese
- 2 TB Sour cream
- 1 TB Ranch-style dressing
- ½ cup Yogurt
- ½ cup pudding

### Calcium-Rich Foods

Strong bones and healthy teeth require a symphony of nutritional building blocks, like magnesium, calcium, phosphorous, boron and vitamin D.

While the Standard American Diet is heavy in dairy products, other cultures with healthy teeth and bones eat a variety of ‘beans and greens’ combinations that provide the necessary building blocks. The choices in the HEALTH ENHANCED list are rich in calcium, magnesium and other building blocks, without the cholesterol or saturated fat found in dairy products.

### HEALTH ENHANCED OPTIONS

- 1 cup Broccoli
- 1 cup Bok choy
- 1 cup Calcium enriched orange juice
- 1 cup Raisin bran cereals
- ½ cup tofu
- 1 cup vanilla or chocolate soy milk
- 1 cup vanilla or chocolate almond milk
- 1 handful of Almonds
- 1 cup Collard Greens
- ½ cup Black-eyed peas
- 1 cup Kale
- 1 cup Turnip or Mustard Greens
- 1 handful Figs
- ¼ cup Parsley, Basil, or Oregano
- ½ cup Beans or Lentils
- ¼ cup Cilantro or Chives
- 1 handful Sesame seeds
- 2 TB Tahini sesame butter
- 1 handful Pumpkin Seeds

### STANDARD MENU OPTIONS

- ½ cup yogurt
- ½ cup cottage cheese
- ½ cup frozen yogurt
- 1 cup milk
- ½ cup ice cream
- ½ cup buttermilk
- 1 slice cheese
- 3 cubes cheese
Most food plans call for one to three servings of snacks per day. It is important to choose wisely, looking for snacks that are both healthy and tasty. Since there really is no such thing as an ‘empty calorie’, it is a good idea to be mindful what is coming along with each calorie.

For example, some snack calories come with added sodium, artificial flavoring and colors, or no natural fiber left to help balance the snack’s blood sugar spike (and subsequent crash). Other snack calories, like whole fruits and vegetables, come with vitamins, minerals, fiber, and phytonutrients.

If you are considering snacks that are not whole foods, look for ‘fruit drinks’ that are 100% fruit juice, and feel free to add water to dilute the sugar content - especially if the juice is ‘from concentrate’. Read labels on packaged foods, as many ‘fruit snacks’ and ‘fruit pastries’ contain little to no actual fruit.

HEALTH ENHANCED OPTIONS

<table>
<thead>
<tr>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>½ cup of any fresh or fresh-frozen fruit</td>
</tr>
<tr>
<td>(apple, banana, kiwi, peach, pear, starfruit, pineapple, mango, melon, etc.)</td>
</tr>
<tr>
<td>1 cup tomato soup</td>
</tr>
<tr>
<td>1 cup rice crackers</td>
</tr>
<tr>
<td>¼ cup dried banana chips, raisins, cranberries, dates, figs</td>
</tr>
<tr>
<td>1 handful walnuts, pecans, hazelnuts, filberts, peanuts, or cashews</td>
</tr>
<tr>
<td>1 handful soynuts</td>
</tr>
<tr>
<td>1 handful pumpkin or sunflower seeds</td>
</tr>
<tr>
<td>2 TB veggie cream cheese</td>
</tr>
<tr>
<td>1 cup vegetable soup</td>
</tr>
<tr>
<td>1 cup of any fresh or frozen berries</td>
</tr>
<tr>
<td>(strawberries, blueberries, lingonberries, raspberries, blackberries, marionberries, etc.)</td>
</tr>
<tr>
<td>1 plant-based protein bar</td>
</tr>
<tr>
<td>2 TB dipping hummus</td>
</tr>
<tr>
<td>2 TB dipping sesame tahini</td>
</tr>
<tr>
<td>1 piece sprouted tortilla</td>
</tr>
<tr>
<td>1 piece whole grain flatbread</td>
</tr>
<tr>
<td>½ cup frozen peas or edamame</td>
</tr>
<tr>
<td>½ cup whole grain crackers</td>
</tr>
<tr>
<td>1 slice sprouted bread</td>
</tr>
<tr>
<td>2 TB almond, hazelnut, peanut, or cashew butter</td>
</tr>
<tr>
<td>1 cup of any fresh vegetable</td>
</tr>
<tr>
<td>(tomato, celery, carrot, jicama, romaine, spinach, yam, sweet potato, etc.)</td>
</tr>
<tr>
<td>½ cup fresh fruit juice, NOT from concentrate</td>
</tr>
<tr>
<td>1 cup fresh vegetable juice</td>
</tr>
</tbody>
</table>

STANDARD MENU OPTIONS

<table>
<thead>
<tr>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>½ cup fruit cocktail</td>
</tr>
<tr>
<td>½ cup canned fruit</td>
</tr>
<tr>
<td>½ cup canned vegetables</td>
</tr>
<tr>
<td>½ cup crackers</td>
</tr>
<tr>
<td>½ cup yogurt</td>
</tr>
<tr>
<td>½ cup cottage cheese</td>
</tr>
<tr>
<td>1 slice cheese</td>
</tr>
<tr>
<td>2 TB ranch-style dipping dressing</td>
</tr>
<tr>
<td>1 cup of canned soup</td>
</tr>
<tr>
<td>½ cup fruit juice, from concentrate</td>
</tr>
<tr>
<td>1 protein bar</td>
</tr>
</tbody>
</table>
**Glossary of Terms**

The terms below, as well as the graphical representation at the right, will help describe the general breakdown of the composition of the body.

**Height** - in inches (in) or centimeters (cm)

**Weight** - in pounds (lbs) or kilograms (kg)

**Resistance** - the opposition to the flow of an electrical current. Higher TBW and LDM yield a lower Resistance, and higher Fat and dehydration yield a higher Resistance.

**Reactance** - measures the body's opposition to changes in the flow of an electrical current. Reactance is related to the capacitance of the cell membranes, and reflects integrity, function, and composition.

**Phase Angle (PA)** - PA reflects the relative contributions of fluid (resistance), and cellular membranes (capacitive reactive). It is calculated as the arc-tangent of Reactance over resistance, measured in degrees. Typical Phase Angles (NHANES human data) range between 4-9.

**Fat** - provides insulation, warmth, and energy storage, and is necessary for the absorption of many vitamins.

**Fat Free Mass (FFM)** - is also called Lean Body Mass, and is everything in your body, except Fat.

**Lean Dry Mass (LDM)** - is what is left after subtracting all of the water from your Fat Free Mass.

**Total Body Water (TBW)** - is all of the water throughout your body, both inside and outside of your cells.

**Intra-Cellular Water (ICW)** - represents the amount of water inside your cells.

**Extra-Cellular Water (ECW)** - represents the amount of water outside of your cells.

**Bone Mineral Content (BMC)** - Bones are dynamic organs that include cells, blood vessels, collagen and mineral deposits. BMC is only an estimate of the minerals in the bones and does not represent the total weight of the skeleton. It is part of Fat-Free Mass.

**Lean Soft Tissue (LST)** - In the same way that LDM is the result of removing all water from Fat-Free Mass, Lean Soft Tissue is the result of subtracting Bone Mineral Content from Fat-Free mass. This includes your organs, muscles, connective and supportive tissues, as well as all of Total Body Water.

**Skeletal Muscle Mass (SMM)** - SMM is the muscles responsible for posture and movement.

**Basal Metabolic Rate (BMR)** - The caloric energy required to sustain life in a sedentary state for 24 hours.

**Daily Energy Expenditure (DEE)** - DEE adjusts the BMR valued based on the selected activity level. The caloric energy required to sustain life, plus daily activities.

**Body Mass Index (BMI)** - BMI is derived by dividing total weight (kg) by height (m), squared. BMI is a general measure typically used to determine if someone is overweight, but knowing actual body composition is much more accurate.

**Fat Mass Index (FMI)** - FMI relates fat mass to height in the same way that BMI relates total weight to height. Because it takes into account only the fat mass, it is a superior indicator of obesity compared to BMI.

**Fat Free Mass Index (FFMI)** - FFMI relates fat-free mass to height in the same way that FMI does to fat. Fat + FFMI = Weight, FMI + FFMI = BMI.
References

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- Therapy: changing dietary concepts. Hamwi GJ. Diabetes Mellitus: Diagnosis and Treatment 1964(1):73-78