Nutrition Assessment Report

Client Details

Name: Sample Nutrition Report () [M] Male
Address: , , ,
Phone:   Email: 
Pressure:   Pulse:   Body: //
Operations:
Medications:
Supplements:
Notes:
### Results

#### Major Nutritional Health Factors

<table>
<thead>
<tr>
<th>Factor</th>
<th>Score</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories (High)</td>
<td>1.66</td>
<td></td>
</tr>
<tr>
<td>Complex/simple carbohydrates ratio (Low)</td>
<td>0.63</td>
<td></td>
</tr>
<tr>
<td>Essential fatty acids (High)</td>
<td>3.83</td>
<td></td>
</tr>
<tr>
<td>Fiber (Low)</td>
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<tr>
<td>Protein (High)</td>
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<tr>
<td>Total lipid (fat) (High)</td>
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<tr>
<td>Uncarbonated water (Low)</td>
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</tr>
<tr>
<td>Unsaturated/saturated fat ratio (Low)</td>
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</table>

#### Vitamins from Food Sources

<table>
<thead>
<tr>
<th>Vitamin</th>
<th>Score</th>
<th>Status</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin A (Adequate)</td>
<td>0.95</td>
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</tr>
<tr>
<td>Vitamin B1 (thiamin) (High)</td>
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<tr>
<td>Vitamin B2 (riboflavin) (High)</td>
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<tr>
<td>Vitamin B3 (niacin) (High)</td>
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<tr>
<td>Vitamin B5 (pantothenic acid) (Adequate)</td>
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</tr>
<tr>
<td>Vitamin B6 (High)</td>
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<tr>
<td>Vitamin B12 (High)</td>
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<tr>
<td>Folic Acid (High)</td>
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<tr>
<td>Vitamin C (Adequate)</td>
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<tr>
<td>Bioflavonoids (Low)</td>
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<tr>
<td>Vitamin D (Adequate)</td>
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<tr>
<td>Vitamin E (alpha-tocopherol) (Low)</td>
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<tr>
<td>Vitamin K (phylloquinone) (Low)</td>
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<tr>
<td>Choline (Low)</td>
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#### Minerals from Food Sources

<table>
<thead>
<tr>
<th>Mineral</th>
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<tbody>
<tr>
<td>Calcium, Ca (High)</td>
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<td>Copper, Cu (High)</td>
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<td>Iron, Fe (High)</td>
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<tr>
<td>Magnesium, Mg (High)</td>
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<tr>
<td>Manganese, Mn (Adequate)</td>
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<td>Phosphorus, P (High)</td>
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<td>Potassium, K (High)</td>
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<td>Selenium, Se (High)</td>
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<tr>
<td>Sodium, Na (High)</td>
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</tr>
<tr>
<td>Zinc, Zn (High)</td>
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</table>

#### Health Food Groups

<table>
<thead>
<tr>
<th>Group</th>
<th>Score</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Health food calories ratio (Low)</td>
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<tr>
<td>Fish, Chicken and Eggs (High)</td>
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<tr>
<td>Fresh Fruits and Berries (Low)</td>
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<tr>
<td>Healing Foods (Adequate)</td>
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<tr>
<td>Healthy Oils</td>
<td></td>
<td></td>
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<tr>
<td>Nuts and Legumes (Low)</td>
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<tr>
<td>Vegetable protein ratio (Low)</td>
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<tr>
<td>Vegetables (High)</td>
<td>3.70</td>
<td></td>
</tr>
<tr>
<td>Water (uncarbonated, unsweetened)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Advice

Major Nutritional Health Factors

Calories

**HIGH**

A high score indicates that your calorie intake is too high based on your age, activity level and food intake. An excessive calorie intake may lead to obesity. Try to reduce your intake of low quality nutrition foods especially those high in saturated fats and sugar. At the same time also increase your activity levels.

**Complex carbohydrate/Simple carbohydrate Ratio**

**LOW**

Complex carbohydrates are contained in foods with more fiber such as vegetables, wholegrains and legumes while simple carbohydrates are contained in foods such as white sugar. The Complex carbohydrate/Simple carbohydrate Ratio is a measure of how high your intake of complex carbohydrates is in relation to your intake of simple carbohydrates.

A low score indicates that you have a low intake of complex carbohydrates for your age, sex and activity level. Try to increase your intake of foods such as unrefined grains, vegetables, nuts, seeds and legumes.
Reduce your intake of foods that contain commercial white sugar or glucose.

**Essential Fatty Acids**

**HIGH**

The Essential fatty acids include linolenic and linoleic acids. Their role is in cell and membrane growth, blood coagulation and regulation of inflammatory reactions. They are found in high amounts in corn, sunflower and wheatgerm oils, tuna, salmon, seaweed and tofu. A deficiency of essential fatty acids may be associated with skin problems, hormonal problems, low immunity, impaired reproduction, inflammation, poor wound healing, bruising and other conditions.

A high score indicates that you have a more than sufficient intake of essential fatty acids for your age, sex and activity level. This is a positive nutritional indicator.

**Fiber**

**LOW**

Fiber refers to plant cell wall material that the body cannot digest but its intake is associated with many health benefits. Among its many roles, fiber increases the bulk of the food contents, increases bowel transit time, produces softer bulkier stools, removes cholesterol and fats from the body and slows down the absorption of sugars. Food sources high in fiber include wholegrains, fruits and vegetables.

A low score indicates that you may not have sufficient intake of fiber in your diet. Increase your intake of high fiber foods.

**Protein**

**HIGH**

Proteins are critical for life. They are made up of combinations of 20 different amino acids, of which 8 are essential and must be consumed from sources outside of the body. Quality proteins are required for growth of muscle and organs, for hormones and enzymes, for our immune system and as an energy source. High quality protein foods include soybeans, legumes, nuts, poultry, fish, eggs, jogurt and sour milk.

A high score indicates that your intake of dietary protein may be too high for your age, sex and activity level. Excess protein can place an increased load on the kidneys and can promote a loss of calcium from the bones. Reduce your intake of protein especially from meat and milk products.

**Total Fat**

**HIGH**

Total fats include all fats including saturated and unsaturated fats. Some amount of fat is necessary for normal growth, reproduction, hormones and energy. Excess fat has been associated with high blood pressure, coronary heart disease, obesity and colon cancer as well as many other health disorders. Healthy fats include unsaturated fats such as olive oil, vegetable oils, fish oil and nuts. Unhealthy fat sources include saturated fats that come from milk products, cheese and meat.

A high score indicates that your intake of dietary fat may be too high for your age, sex and activity level. Reduce the amount of fat in your diet, especially from animal sources such as milk products, cheese and meat.
meat. Include more health fat sources such as vegetable oils, fish and nuts.

**Water**

**LOW**

Water is essential to our existence and to every process in our body. Amongst its many beneficial roles, it is crucial for regulating our body temperature, transporting molecules through the body, cleansing the body of impurities, for digestive juices, for blood and blood pressure, breathing, cushioning of joints and immunity in infections. Coffee, black tea, colas and alcohol are diuretics that promote water loss from the body.

A low score indicates that your daily water intake may be too low for your sex, age and activity level. Increase your intake of fresh, uncarbonated and unsweetened water so that daily you drink at least one 8-ounce glass for every 20 pounds or 9 kilograms of body weight. Avoid coffee, black tea, colas and alcohol.

**Unsaturated fat/Saturated fat Ratio**

**LOW**

The Unsaturated fat/Saturated fat Ratio is a measure of the amount of unsaturated fat you consume in your daily diet in relation to your saturated fat intake. Unsaturated fat sources include vegetable oils such as olive, canola, corn, sunflower and soybean, nuts and some fish oils. They have been found to have positive health benefits. Saturated fat sources include foods of animal origin including milk, cheese and meat which have been found to be associated with increased cholesterol levels and other health conditions.

A low score indicates that your intake of unsaturated fat may be low in relation to your intake of saturated fat. Increase your intake of vegetable oils, fish and nuts and reduce your intake of milk, cheese and meat.

**Vitamins from Food Sources**

**Vitamin A - Betacarotene**

**ADEQUATE**

Vitamin A is necessary for maintenance and growth of epithelial tissues, for vision, skin, bones and reproduction. Food sources high in Vitamin A include green leafy vegetables, liver, carrots, apricots and fish liver oils. A deficiency of Vitamin A may be associated with acne, dry hair, eye inflammation, night blindness, low immunity, slow bone growth or dry skin.

An adequate score indicates that your Vitamin A intake is sufficient enough based on your age, sex and activity level. This is a positive nutritional indicator.

**Vitamin B1 - Thiamine**

**HIGH**

Vitamin B1 or Thiamine is required as a cofactor of many enzymes in metabolism, for digestion and energy production, growth and the nervous system. Food sources high in Vitamin B1 include green leafy vegetables, legumes, liver, nuts, pork, whole grains and yeast. Deficiency of Vitamin B1 may be associated with Beriberi, anorexia, constipation, glaucoma, low blood pressure, insomnia, memory problems, depression, muscle weakness, fatigue or tachycardia.
A high score indicates that your Vitamin B1 intake is more than sufficient based on your age, sex and activity level. This is a positive nutritional indicator.

**Vitamin B2 - Riboflavin**

**HIGH**

Vitamin B2 or Riboflavin is essential for energy metabolism and other reactions in cellular metabolism. Food sources high in Vitamin B2 include beans, eggs, milk products, sprouts, whole grains, yeast, avocados, green leafy vegetables and liver. Deficiency of Vitamin B2 may be associated with cracking or sores on the lips, dermatitis, inflammation of the tongue, blood shot eyes, cataracts and sensitivity to light.

A high score indicates that your Vitamin B2 intake is more than sufficient based on your age, sex and activity level. This is a positive nutritional indicator.

**Vitamin B3 - Niacin**

**HIGH**

Vitamin B3 or Niacin is essential for energy metabolism and other reactions in cellular metabolism. Food sources high in Vitamin B3 include legumes, nuts, almonds, chicken, eggs, sunflower seeds, meat, peanuts, salmon, sardines and yeast. Deficiency of Vitamin B3 may be associated with Pellagra, dermatitis, dementia, diarrhea, depression, headaches or schizophrenia.

A high score indicates that your Vitamin B3 intake is more than sufficient based on your age, sex and activity level. This is a positive nutritional indicator.

**Vitamin B5 - Pantothenic acid**

**ADEQUATE**

Vitamin B5 or Pantothenic Acid is required for synthesis of acetylcholine, antibody production, cholesterol, hormone production and for most of our metabolism. Food sources high in Vitamin B5 include organ meat, beef, fish, egg yolks, green vegetables, avocado, beans, nuts and soybeans. Deficiency of Vitamin B5 may be associated with fatigue, headache, insomnia, nausea, vomiting, muscle cramps, depression, tingling in hands or feet or impaired coordination.

An adequate score indicates that your Vitamin B5 intake is sufficient based on your age, sex and activity level. This is a positive nutritional indicator.

**Vitamin B6**

**HIGH**

Vitamin B6 or Pyridoxine is required for amino acid synthesis and protein metabolism. Food sources high in Vitamin B6 include yeast, chicken, egg yolk, peanuts, salmon, tuna, legumes, walnuts, soybeans, bananas and avocado. Deficiency of Vitamin B6 may be associated with dermatitis around eyes, mouth and nose, depression, weakness, insomnia, seizures, weight loss or poor immunity.

A high score indicates that your Vitamin B6 intake is more than sufficient based on your age, sex and activity level. This is a positive nutritional indicator.

**Vitamin B12**
Vitamin B12 is required for biosynthesis of nucleic acids, protein and blood cells, metabolism of fat, protein, and carbohydrate, maintenance of growth and the nervous system. Food sources high in Vitamin B12 include egg yolk, herring, liver, meat, oysters, salmon, sardines, chicken and chlorella. It is also synthesized by bacteria in the intestines. Deficiency of Vitamin B12 may be associated with anemia, neurological disorders, depression, fatigue, memory loss, paranoia, schizophrenia and weakness.

A high score indicates that your Vitamin B12 intake is more than sufficient based on your age, sex and activity level. This is a positive nutritional indicator.

Folate

Folate is a member of the B group of vitamins and is required for several metabolic reactions including amino acid metabolism and purine synthesis. Food sources high in Folate include green leafy vegetables, beans, eggs, lentils, yeast, liver and peanuts. Deficiency of Folate may be associated with anemia, anorexia, fatigue, headaches, insomnia, paranoid behavior, reproductive failures or weight loss.

A high score indicates that your Folate intake is more than sufficient based on your age, sex and activity level. This is a positive nutritional indicator.

Vitamin C

Vitamin C is required for collagen synthesis, synthesis of carnitine, bile acids, adrenalin, activation of folic acid, it enhances iron absorption, bone and teeth growth, blood cell formation, immunity, promotes healing and is an antioxidant. Food sources high in Vitamin C include peppers, black currant, broccoli, citrus fruits, guava, parsley, pineapple, strawberries, rosehips, raw cabbage, brussel sprouts and cauliflower. Deficiency of Vitamin C may be associated with Scurvy, weakness, bleeding gums, bruising easily, depression, fatigue, susceptibility to infection, pain in joints, loosening of teeth or slow healing of wounds.

An adequate score indicates that your Vitamin C intake is sufficient based on your age, sex and activity level. This is a positive nutritional indicator.

Bioflavonoids

The bioflavonoids are a class of substances with vitamin-like activity that are required for maintenance of capillary walls, improved blood flow and act as antioxidants along with Vitamin C. Food sources high in bioflavonoids include citrus fruits, buckwheat, berries, skins of fruits and vegetables. Deficiency of bioflavonoids may be associated with bruising, poor immunity, capillary fragility or diminished vitamin C activity.

A low score indicates that your intake of Bioflavonoids may not be sufficient enough based on your age, sex and activity level. Try to increase your intake of Bioflavonoid rich foods.

Vitamin D

ADEQUATE
Vitamin D is synthesized in the skin and is required for calcium metabolism, bones and maintenance of cell membranes. Sources of Vitamin D include sunlight, fish liver oils, egg yolk, butter and sprouts. Deficiency of Vitamin D may be associated with Rickets, osteomalacia, cramps, diarrhea, insomnia, slow growth and softening of teeth and bones.

An adequate score indicates that your Vitamin D intake is sufficient based on your age, sex and activity level. This is a positive nutritional indicator.

**Vitamin E**

LOW

Vitamin E is a strong antioxidant that protects the cell membranes, enhances the immune system, enhances Vitamin A absorption and improves blood flow. Food sources high in Vitamin E include almonds, safflower, soybean and sunflower oils, nuts, egg yolk, corn, liver and green leafy vegetables. Deficiency of Vitamin E may be associated with gallbladder and liver disease, poor immunity, early ageing or pancreatic disorders.

A low score indicates that your intake of Vitamin E may not be sufficient enough based on your age, sex and activity level. Try to increase your intake of Vitamin E rich foods.

**Vitamin K**

LOW

Vitamin K is required for normal blood clotting and allows clotting factors such as prothrombin to be synthesized in the liver. Sources of Vitamin K include alfalfa, cabbages, green leafy vegetables, broccoli, eggs, kelp, lettuce, soybeans, spinach, parsley and liver. Deficiency of Vitamin K may be associated with increased tendency to bleed including nosebleeds or increased clotting time.

A low score indicates that your intake of Vitamin K may not be sufficient enough based on your age, sex and activity level. Try to increase your intake of Vitamin K rich foods.

**Choline**

LOW

Choline has vitamin-like activity and is needed for synthesis of lecithin; it reduces the amount of fat in the liver, plays an important role in cell membranes, and reduces blood cholesterol. It is also needed for synthesis of acetylcholine, one of the most important neurotransmitters. Food sources high in choline include egg yolk, fish, liver, cereals, legumes, lecithin and peanuts. Deficiency of choline may be associated with cirrhosis of the liver, fatty liver, stomach ulcers, increased blood pressure, hardening of the arteries, low, immunity, kidney or heart problems.

A low score indicates that your intake of Choline may not be sufficient enough based on your age, sex and activity level. Try to increase your intake of Choline rich foods.

**Minerals from Food Sources**

**Calcium**

HIGH

Calcium is needed for bone, teeth, muscle contraction, blood clotting, and as a cofactor of enzymes. Food
sources high in calcium include dairy products, shellfish, almonds, egg yolk, green leafy vegetables, sardines, soybeans, sesame seeds, parsley and dried figs. Deficiency of calcium may be associated with brittle fingernails, agitation, convulsions, depression, eczema, hypertension, insomnia, muscle cramps, nervousness, osteoporosis, osteomalacia, heart palpitations, tooth decay, rickets or hyperactivity.

A high score indicates that your Calcium intake is more than sufficient based on your age, sex and activity level. This is a positive nutritional indicator.

**Copper**

**HIGH**

Copper is necessary as a cofactor for enzymes, for connective tissue formation, to assist the absorption of iron, for the immune system and for brain nerve function. Food sources high in copper include almonds, pecans, sunflower seeds, beans, mushrooms, oysters, prunes, whole grains, brown rice and eggs. Deficiency of copper may be associated with anemia, depression, diarrhea, fatigue, fragile bones, graying hair or weakness.

A high score indicates that your Copper intake is more than sufficient based on your age, sex and activity level. This is a positive nutritional indicator.

**Iron**

**HIGH**

Iron plays a vital role as part of hemoglobin, myoglobin, and as a cofactor in enzymes. Food sources high in iron include liver, apricots, oysters, parsley, sesame seeds, soybeans, sunflower seeds and almonds. Deficiency of iron may be associated with anemia, anorexia, brittle nails, confusion, depression, constipation, digestive disturbances, fatigue, weak bones, slow growth, headaches, poor appetite or poor immunity.

A high score indicates that your Iron intake is more than sufficient based on your age, sex and activity level. This is a positive nutritional indicator.

**Magnesium**

**HIGH**

Magnesium is essential in the diet and needed as a cofactor in most metabolic reactions involving the production of energy in the cell. Food sources high in magnesium include nuts, whole grain foods, almonds, cashews, molasses, soybeans, spinach, beets and broccoli. Deficiency of magnesium may be associated with anxiety, depression, hyperactivity, low blood pressure, insomnia, muscle pains, nervousness, seizures, rapid heartbeat, cold hands and feet or muscle weakness.

A high score indicates that your Magnesium intake is more than sufficient based on your age, sex and activity level. This is a positive nutritional indicator.

**Manganese**

**ADEQUATE**

Manganese is important in the breakdown of amino acids and the production of energy. It activates various enzymes for proper digestion and utilization of foods. Manganese also helps nourish the nerves and brain and is necessary for normal skeletal development. Food sources high in manganese include almonds, corn, kelp, coconuts, liver, olives, pecans, sunflower seeds, whole grains and walnuts. Deficiency of manganese may be associated with atherosclerosis, birth defects, convulsions, dermatitis, dizziness, glucose intolerance, high blood cholesterol, tinnitus or hearing problems.

An adequate score indicates that your Manganese intake is sufficient based on your age, sex and activity level.
level. This is a positive nutritional indicator.

**Phosphorus**

**HIGH**

Phosphorus is needed for bones, teeth, metabolism and ATP energy production. Food sources high in phosphorus include cashew nuts, almonds, chickpeas, salmon, sardines, seeds, garlic, sesame and tuna. Deficiency of phosphorus may be associated with anxiety, anorexia, fear, pain in the bones, fatigue, irritability, numbness, weakness, irregular breathing, osteomalacia or rickets.

A high score indicates that your Phosphorus intake is more than sufficient based on your age, sex and activity level. This is a positive nutritional indicator.

**Potassium**

**HIGH**

Potassium is the most common electrolyte in the cells, blood and tissues of the body, particularly the muscles and cartilage. Potassium is needed for normal heart beat and muscle contraction, as well as for glucose uptake, insulin secretion and nerve function. Food sources high in potassium include all vegetables, banana, apricots, avocado, citrus fruits, dates, almonds, cashews, pecans, raisins, sardines, sunflower seeds and meat. Deficiency of potassium may be associated with acne, constipation, depression, edema, insomnia, muscle weakness, low blood pressure, nervousness, salt retention or irregular heart beat.

A high score indicates that your Potassium intake is more than sufficient based on your age, sex and activity level. This is a positive nutritional indicator.

**Selenium**

**HIGH**

Selenium is an anti-oxidant, and a co-factor of enzymes, which assists in detoxification of chemicals, maintenance of cell membranes as well as spares Vitamin E and inhibits lipid peroxidation. Food sources high in selenium include alfalfa, cashews, crab, eggs, fish, liver, oysters, garlic, tuna and whole grains. Deficiency of selenium may be associated with heart disease, high cholesterol, infections, liver damage, premature aging, pancreatic insufficiency and sterility in males.

A high score indicates that your Selenium intake is more than sufficient based on your age, sex and activity level. This is a positive nutritional indicator.

**Sodium**

**HIGH**

Sodium is important in acid-base balance, maintenance of blood pressure, cell permeability and is the major electrolyte outside of the cells. Food sources high in sodium include celery, liver, cheeses, olives, peas, salt, tuna and sardines. Deficiency of sodium may be associated with: abdominal cramps, anorexia confusion, fatigue, depression, dizziness, flatulence, headache, hallucinations, low blood pressure, muscle weakness, weight loss or seizures. Excess sodium has been associated with high blood pressure, kidney stones, osteoporosis and other health conditions.

A high score indicates that your Sodium intake is too high based on your age, sex and activity level. Try to reduce the amount of salt in your diet, especially table salt and salt added to foods.

**Zinc**
Zinc is important, as it is required for a large number of metabolic reactions in the body as a structure of many enzymes. It is also needed for protein and nucleic acid synthesis. Food sources high in zinc include oysters, veal, shrimp, herring, ginger, sunflower seeds and whole grains. Deficiency of zinc may be associated with acne, amnesia, anorexia, apathy, brittle nails, depression, eczema, fatigue, slow growth, slow wound healing, impotence, memory impairment, sterility, white spots on the nails, dermatitis, learning disorder, loss of taste and smell, changes in behavior or sleep problems.

A high score indicates that your Zinc intake is more than sufficient based on your age, sex and activity level. This is a positive nutritional indicator.

Health Food Groups

*Health Food Calories/Total Calories Ratio*

**LOW**

The Health Food Calories/Total Calories Ratio is a measure of how many calories are consumed from healthy foods in relation to the total amount of calories consumed.

A low score indicates that you have a low intake of calories from healthy foods and the majority of calorie intake is from unhealthy foods. Try to increase your intake of healthier foods to include more vegetables, fresh fruits and berries, nuts and legumes, wholegrains and fish.

*Fish, Chicken and Eggs Group*

**HIGH**

The Fish, Chicken and Eggs Group score measures the amount of healthier animal protein that is consumed as opposed to red meat.

A high score indicates that your intake of fish, chicken or eggs is more than sufficient. Try to also include more non-animal protein sources as well. This is a positive nutritional indicator.

*Fresh Fruits and Berries Group*

**LOW**

The Fresh Fruits and Berries Group score indicates the amount of fruits and berries that are consumed in the diet.

A low score indicates that you have a low intake of fresh fruits and berries in your diet. Try to increase your intake of fruits, especially those grown locally, and fresh berries including strawberries, blueberries, raspberries and blackberries.

*Healing Foods Group*

**Adequate**

The Healing Foods Group score is a measure of the amount of foods consumed in the diet that have
especially high healing qualities. These foods include most vegetables, vegetable juices, olive oil, unrefined wholegrains, legumes, ocean fish, fruits, berries, unsalted nuts, seeds, and spices such as ginger and garlic. These foods have been associated with reduced disease and higher longevity.

An adequate score indicates that you have a sufficient intake of healing foods in your diet. This is a positive nutritional indicator.

**Nuts and Legumes Group**

**LOW**

The Nuts and Legumes Group score is a measure of the amount of unsalted nuts, seeds, and legumes that are consumed in your diet. Many of these foods are excellent sources of non-animal protein, fiber and healthy fats.

A low score indicates that you have a low intake of nuts, seeds and legumes in your diet. Try to increase your intake of these foods.

**Vegetable Protein/Total Protein Ratio**

**LOW**

The Vegetable Protein/Total Protein Ratio is a measure of how much protein is consumed from vegetable sources in relation to the total amount of protein consumed. Choosing protein from vegetable sources will reduce cholesterol, saturated fat and increase fiber intake.

A low score indicates that you have a low intake of protein from vegetable sources and the majority of protein intake is from animal sources. Try to increase your intake of vegetables including soy as well as nuts, seeds and legumes.

**Vegetables Group**

**HIGH**

The Vegetable Group score is a measure of the amount of vegetables consumed in the diet. Vegetables have been associated with better health and longevity and reduction of disease. They contain a multitude of vitamins, minerals, enzymes and fiber that are beneficial to health.

A high score indicates that your intake of vegetables is more than sufficient. The Vegetable Group score is a measure of the amount of vegetables consumed in the diet. Vegetables have been associated with better health and longevity and reduction of disease. They contain a multitude of vitamins, minerals, enzymes and fiber that are beneficial to health. This is a positive nutritional indicator.

**Wholegrains, Unrefined Breads and Cereals Group**

**LOW**

The Wholegrains, Unrefined Bread and Cereals Group score is a measure of the amount of wholegrains, unrefined breads and cereals that are consumed in the diet. These foods include brown, wholewheat or multi-grain breads, oats and brown or wild rice. Their benefits include less additives and chemicals as well as more fiber and vitamins.
A low score indicates that you have a low intake of wholegrains, unrefined breads and cereals in your diet. Try to increase your intake of these foods. Reduce your intake of white or refined breads and cereals, crackers, processed breakfast cereals and white rice.

**Omega 3 Foods Group**

**HIGH**

The Omega 3 Foods Group score measures the amount of foods consumed that contain Omega 3 fatty acids. These include especially ocean fish such as salmon, tuna, sardines, mackerel, halibut, some nuts such as almonds and soy. Intake of these foods has been associated with better health and lower cholesterol levels.

A high score indicates that your intake of foods containing Omega 3 fatty acids is more than sufficient. This is a positive nutritional indicator.

**Unhealthy Food Factors**

**Alcohol**

**LOW**

Excess alcohol is responsible for a host of health problems and has been associated with cancer, cirrhosis of the liver and birth defects. It can impair the absorption of some of the B vitamins, Vitamin C and folate which are needed by the body. Alcohol in excess, meaning more than 1 drink a day, can seriously be detrimental to health.

A low score indicates that you have a low intake of alcohol. This is a positive nutritional indicator.

**Animal Protein/Total Protein Ratio**

**HIGH**

The Animal Protein/Total Protein Ratio is a measure of the amount of protein consumed from animal sources in relation to total protein consumed. Excess animal protein has been associated with high cholesterol levels, overacidity of body tissues, and high saturated fat levels. Vegetable proteins sources are beneficial and include foods such as soy, nuts and legumes.

A high score indicates that your intake of animal protein may be too high and may not be beneficial to your health. Try to reduce your intake of meats and increase your intake of vegetables including soy as well as nuts, seeds and legumes.

**Artificial Sweeteners**

**HIGH**

Artificial Sweeteners are chemical additives that are found in diet foods, soft drinks, chewing gum and other desserts. They often contain products such as aspartame and saccharin. They do not have any nutritional value and you should avoid using them and they have been associated with headaches,
migraines and other health conditions.

A high score indicates that your intake of artificial sweeteners may be too high and may cause you health problems. Try to reduce your intake of artificial sweeteners and use natural forms such as honey.

**Caffeine**

**HIGH**

Caffeine is a stimulant that is found in coffee, black tea, chocolate, cocoa and cola drinks. It can be mildly addictive and may cause nervousness, irritability, anxiety, insomnia and disturbances in heart rate and rhythm. It is also a diuretic meaning that it increases urination and loss of water from the body. It can also cause calcium loss in the urine, contributing to osteoporosis. Its negative effects on health include decreasing the diameter of the blood vessels, raising blood pressure and increasing the chance of ulcers, not to mention its dangers during pregnancy.

A high score indicates that your intake of caffeine may be too high and may cause you health problems. Try to reduce your caffeine intake to a maximum of one cup per day. Drink plenty of water.

**Calories from Low Nutrition Foods/Total Calories Ratio**

**HIGH**

The Calories from Low Nutrition Foods/Total Calories Ratio is a measure of the amount of calories that are consumed from foods that are low in nutrition value in relation to the total calories you consume. Excess calories from low nutrition foods are considered empty calories with little or no nutritional value. Often consumption of too many of these foods leads to health problems and obesity.

A high score indicates that your intake of low nutrition foods may be too high and may cause you health problems. Try to reduce your intake of foods containing sugar, excess salt and refined white flour. Increase your intake of vegetables, fish, fresh fruits and berries, wholegrains, nuts and legumes.

**Cholesterol**

**HIGH**

A high intake of cholesterol in the diet has been associated with a greater chance of heart disease, stroke and other health problems. Most cholesterol in the diet comes from meats, eggs and dairy products.

A high score indicates that your intake of cholesterol in the diet is too high and may cause you health problems. Try to reduce your intake of meats and milk products. Increase your intake of foods such as ocean fish, olive oil, vegetables, nuts and legumes.

**Condiments**

**HIGH**

Condiments are often a hidden source of poor nutrition, found in sauces like mustard, ketchup, steak sauce, soy sauce, mayonnaise, salad dressings and many others. These foods are very acid forming and mucus forming in the body. They usually contain excess salt, sugar, artificial flavors and preservatives.

A high score indicates that your intake of condiments may be too high and may cause you health
problems. Try to reduce your intake. Choose natural spices, fresh lemon juice and olive oil.

**Fast Foods**

**HIGH**

Fast food is a phenomenon of western countries and now spreading around the world. It includes foods such as hamburgers, french fries, pizza or fried chicken. These foods are most often loaded with saturated fat, trans fatty acids, salt and excess calories and are often very low in fiber and nutrients such as calcium, vitamin A, E, C and folate. Due to high temperature cooking and frying methods, many nutrients in these foods are lost. Their frequent consumption can lead to obesity, heart disease, high blood cholesterol, diabetes, constipation, high blood pressure and other health problems.

A high score indicates that your intake of fast foods may be too high and may cause you health problems. Try to reduce your intake.

**Fried Foods**

**HIGH**

Fried foods often adds unnecessary calories and cholesterol to the food especially if it is fried in animal fats. Also, by extreme heating during frying, many nutrients including the B vitamins, vitamin C and beta carotene in the food, being sensitive to heat are destroyed. High temperature frying also can produce trans fatty acids that have been associated with heart problems.

A high score indicates that your intake of fried foods may be too high and may cause you health problems. Try to reduce your intake. Choose healthier alternative cooking methods such as steaming or baking without using unnecessary fats.

**Instant Foods**

**HIGH**

Instant foods have infiltrated our store shelves. They include powdered soups, instant puddings, instant noodles, mashed potatoes and many others. Most of these products contain chemical preservatives, loads of salt and sugar and possess little or no nutritional value whatsoever. Do not sacrifice nutritional value for mere convenience. Food manufacturers love to produce these products as they have incredibly long shelf lives.

A high score indicates that your intake of instant foods may be too high and may cause you health problems. Try to reduce your intake. Choose fresh foods that do not contain artificial preservatives, colors or additives.

**Meat/Vegetable Ratio**

**HIGH**

The Meat/Vegetable Ratio is a measure of the amount of meat consumed in relation to vegetables. Excess meat in the diet has been associated with high cholesterol levels, overacidity of body tissues, and high saturated fat levels. An higher intake of vegetables is beneficial to health.

A high score indicates that your intake of meat may be too high and may not be beneficial to your health. Try to reduce your intake of meat and increase your intake of vegetables.
**Milk Products**

**HIGH**

Contrary to popular belief, milk is really not very good for you. The media have performed a great job promoting the health benefits of milk and milk products but the truth is that milk has been associated with allergies, sinus problems, chronic ear infections, asthma, diarrhea, lactose intolerance and constipation. It is interesting to note that cultures that drink less or no milk have the lowest rates of osteoporosis in the world. The high content of fat in milk, cheese, ice cream and other dairy products is a growing concern in relation to heart disease and cholesterol. Despite this, milk often contains hormones and antibiotics fed to the cows that shows up in the milk. Much more healthier alternatives are soymilk or rice milk.

A high score indicates that your intake of milk may be too high and may cause you health problems. Try to reduce your intake and choose alternatives such as soymilk or rice milk.

**Red Meat**

**HIGH**

Excess red meat in the diet can be responsible for a host of health problems including high cholesterol, heart disease, constipation and over-acidity of the body tissues. Other alternative quality protein sources include lean chicken and turkey, fish, eggs, soy, nuts and legumes.

A high score indicates that your intake of red meat may be too high and may cause you health problems. Try to reduce your intake. Choose more fish, lean poultry, eggs, soy, nuts and legumes.

**Refined white flour and grains**

**HIGH**

Refined white flour and grains are foods stripped of their fiber and nutritious outer layers which contain powerful phytochemicals, vitamins, minerals and antioxidants that protect against many diseases. Often they contain additives and preservatives. They offer very little in terms of human nutrition. Refined white flour and grains can also disturb the micro floral environment in the intestines, can promote diarrhea and constipation and other digestive problems. Substituting whole grain for refined grain products has been associated with a lower incidence of diseases including diabetes, cardiovascular disease and cancer.

A high score indicates that your intake of refined white flour and grains may be too high and may cause you health problems. Try to reduce your intake and increase your intake of foods such as whole grain breads and natural brown rice.

**Saturated Fats**

**HIGH**

Saturated fats have been associated with a greater risk of heart disease and levels of cholesterol. They are usually found in foods from animal origin, especially in meats, oils and milk products. Excess saturated fats can lead to obesity along with associated problems such as diabetes, gallstones and high blood pressure. Healthier alternatives include unsaturated fats found in vegetable and nut oils and some fish oils.
A high score indicates that your intake of saturated may be too high and may cause you health problems. Try to reduce your intake of meats, cheese and milk products. Use vegetable oils such as olive oil.

**Simple Carbohydrate/Total Carbohydrate Ratio**

**MEDIUM**

The Simple Carbohydrate/Total Carbohydrate Ratio is a measure of the amount of simple carbohydrates consumed or foods containing sugar, in relation to the total amount of carbohydrates consumed. Excess simple sugars or carbohydrates have been associated with a host of health problems including diabetes, obesity, cardiovascular disease, hormonal problems, constipation, diarrhea and tooth decay. Simple white sugar is refined and stripped of vitamins, minerals, enzymes or other beneficial nutrients. Complex carbohydrates such as vegetables and wholegrains have greater health benefits.

A medium score indicates that your intake of simple carbohydrates may be more than it should be and may cause you health problems. Try to reduce your intake of foods containing sugar and increase your intake of vegetables and wholegrains.

**Smoked Foods**

**HIGH**

Smoked foods often contain nitrosamines produced from nitrates and nitrites. These have been found to be potential carcinogens and often linked with stomach and esophageal cancers.

A high score indicates that your intake of smoked foods may be too high and may cause you health problems. Try to reduce your intake.

**Sugar**

**HIGH**

Excess sugar has been associated with a host of health problems including diabetes, obesity, cardiovascular disease, hormonal problems, constipation, diarrhea and tooth decay. Simple white sugar is refined and stripped of vitamins, minerals, enzymes or other beneficial nutrients.

A high score indicates that your intake of sugar may be too high and may cause you health problems. Try to reduce your intake and choose natural honey as a sweetener.

**Trans Fatty Acids**

**HIGH**

Trans Fatty Acids or Trans Fats are found in hydrogenated fats and have been shown to raise cholesterol levels similar to saturated fats. They have been associated with heart problems and heart disease. They are often found in foods such as margarine or shortening, in potato chips, cookies and french fries.

A high score indicates that your intake of trans fatty acids may be too high and may cause you health problems. Try to reduce your intake of foods that contain them.