

FitTec's Dietary Evaluation

A subjective evaluation by C. Morin using the

Principles of the 2015-2020 Dietary Guidelines for Americans (DGA)

Name: John Doe 12/27/16

INTAKE LEVELS-VERY HIGH=1 HIGH=2 IDEAL=3 LOW=4 VERY LOW=5

R=reduce, I=Increase. HSPH=Harvard School of Public Health ([See Links](#)), American Heart Association (AHA) **PAY ATTENTION TO RED HIGHLIGHTED AREAS**

ENERGY (CALORIES) 2 Reduce calories

•ENERGY CONTENT OF FOODS IS IN OTHER WORDS THE AMOUNT OF CALORIES. *Consume a healthy eating pattern that accounts for all foods and beverages within an appropriate calorie level (DGA).* To lose weight females typically need to consume 1200-1600 calories a day, while men 1800-2400, but it is dependent on many factors.

TRANS AND SATURATED FAT & CHOLESTEROL 2 Reduce fat calories from

saturated fats • BUTTER, CREAMS, CHEESES, FATTY MEATS, PRODUCTS WITH LARD OR ANIMAL FAT, AND COCONUT AND PALM OILS ARE SATURATED FATS AND/OR CONTAIN HIGH AMOUNTS OF CHOLESTEROL. Medical, heart-health, and governmental authorities advise that cholesterol and trans and saturated fat are risk factors for cardiovascular disease (CVD). Trans fats are made during food processing through partial hydrogenation of unsaturated fats. *Consume less than 10 percent of calories per day from saturated fats[3] (DGA)* Try to limit trans fat to less than a gram a day. Coconut oil is still not considered a healthy fat by the AHA, therefore use in moderation.

MONO & POLYUNSATURATED FAT around 1-2 tsp a day needed; 1/2 ping pong ball 4 Need more healthy fats, not much 1-2 tsp per meal.

•OIL SUCH AS CANOLA, SAFFLOWER, PEANUT, SOYBEAN AND ETC. HAVE HIGH AMOUNTS OF POLYUNSATURATED OILS. OLIVE OIL IS MONOUNSATURATED. These oils are considered healthy and some are considered essential. HSPH-Healthy plant oils – in moderation: Choose healthy vegetable oils like olive, canola, soy, corn, sunflower, peanut, and others, and avoid partially hydrogenated oils, which contain unhealthy trans fats. Remember that low-fat does not mean “healthy.”

PROTEIN 4 Need protein at every meal; keep it to 20-30 grams per meal - not more

•EGG WHITES, SEAFOOD, DAIRY (Greek Yogurt, Cottage Cheese, Lowfat Milk), POULTRY, AND LEAN MEATS ARE QUALITY COMPLETE PROTEIN SOURCES. HSPH- [Protein](#)- Protein power – ¼ of your plate:Fish, chicken, beans, and nuts are all healthy, versatile protein sources—they can be mixed into salads, and pair well with vegetables on a plate. Limit red meat, and avoid processed meats such as bacon and sausage. *A variety of protein foods, including seafood, lean meats and poultry, eggs, legumes (beans and peas), and nuts, seeds, and soy products (DGA).* Typically females require 15-20 grams of protein per meal, while men require 20-30 grams.

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REFINED COMPLEX CARBOHYDRATES -2 EAT LESS Eat less processed carbs (white bread, white pasta, etc) • WHITE PASTA, WHITE RICE, WHITE BREAD, CEREALS < 3 GRAMS FIBER ARE REFINED COMPLEX CARBOHYDRATES (STARCHES)

UNREFINED COMPLEX CARBOHYDRATES (WHOLE GRAINS) 4 Try Brown Rice • WHOLE WHEAT PASTA, BROWN RICE, WHOLE WHEAT BREAD, CEREALS > 3 GRAMS FIBER ARE CONSIDERED TO BE UNREFINED COMPLEX CARBOHYDRATES (STARCHES). HSPH-Go for whole grains – ¼ of your plate: Whole and intact [grains](#)—whole wheat, barley, wheat berries, quinoa, oats, brown rice, and foods made with them, such as whole wheat pasta—have a milder effect on blood sugar and insulin than white bread, white rice, and other refined grains.

SIMPLE SUGARS -2 EAT LESS Too much sugar in diet; should be less than 150 calories • SWEETS, SUGAR, DESSERTS, JUICES, AND FRUITS ARE SIMPLE SUGARS. The American Heart Association recommends men limit added sugar to 36 g, or 9 tsp. or 150 calories, per day women limit added sugar to 24 g, or 6 tsp. or 100 calories, per day.

FIBER-MOST PEOPLE NEED TO EAT MORE 3-4 Eat more Veggies (non-starchy) • WHOLE GRAINS, FRUITS, AND VEGETABLES CONTAIN FIBER. Suggested intakes: Men < 50 years 38 grams, > 50 years 30 grams, Women < 50 years 25 grams, > 50 years 21 grams

WATER INTAKE 4 Drink More • DRINK 6 TO 12 - 8 OZ. SERVINGS DAILY.

ALCOHOL INTAKE 3 • DRINK ALCOHOL IN MODERATION. *If alcohol is consumed, it should be consumed in moderation—up to one drink per day for women and up to two drinks per day for men—and only by adults of legal drinking age. (DGA)*

SODIUM 3 • STAY AWAY FROM SALTY FOODS, SALTING FOODS, AND SMOKED FOODS. The 2015-2020 Dietary Guidelines for Americans recommend limiting sodium to less than 2,300 mg a day — or 1,500 mg if you're age 51 or older, or if you are black, or if you have high blood pressure, diabetes or chronic kidney disease. (DGA)

POTASSIUM 3-4 Eat more Veggies (non-starchy) FRUITS AND VEGETABLES HAVE A HIGH POTASSIUM CONTENT. Meet the potassium recommendation (4,700 mg/day) with food.

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CALCIUM 3-4 May need a low-fat dairy source daily

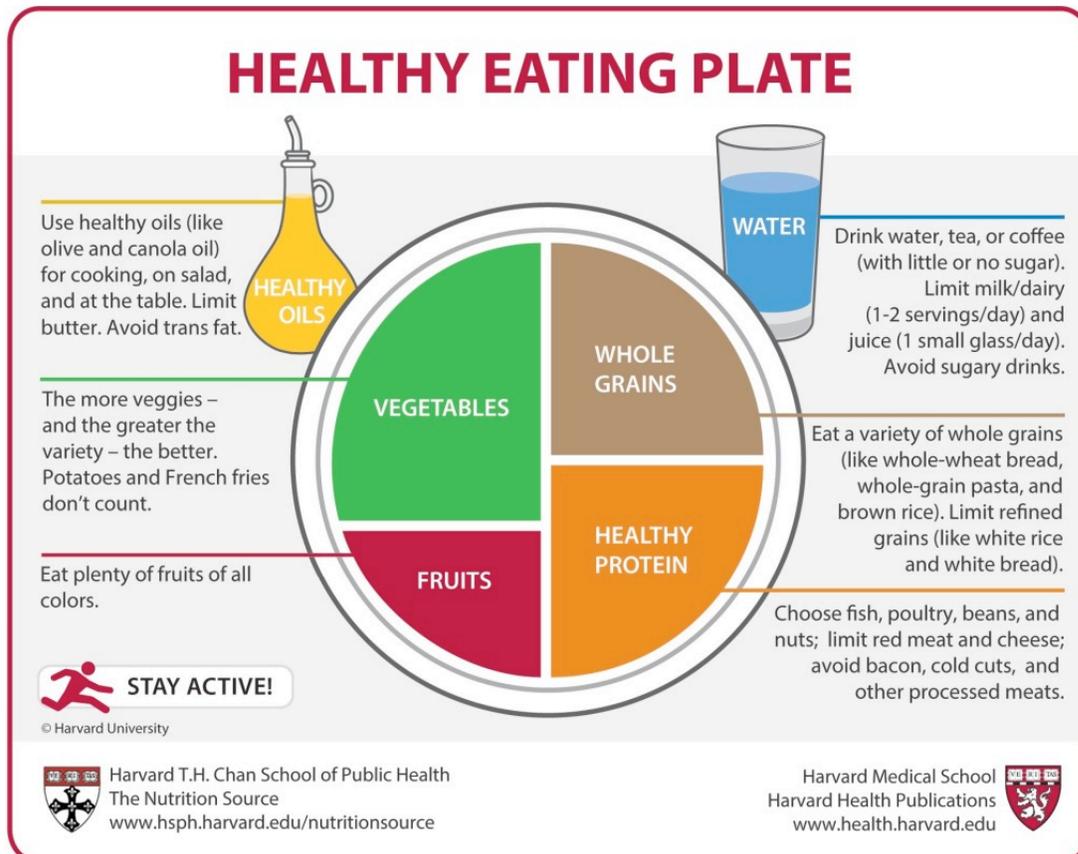
NONFAT AND LOWFAT DAIRY AND GREEN LEAFY VEGETABLES ARE GOOD SOURCES OF CALCIUM. A good goal is 1200 mg a day through food and if not through food AND supplement. *A variety of Fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy beverages (DGA)*

VITAMINS 3-4 May need a low-fat dairy source or vitamin D supplement daily

ASSORTED VEGETABLES AND FRUITS, WHOLE GRAINS, AND NONFAT DAIRY ARE AN EXCELLENT SOURCE OF VITAMINS. TRY TO GET YOUR VITAMINS THROUGH UNPROCESSED FOOD BECAUSE THEY TEND TO BE MORE BIOAVAILABLE.

VEGETABLE/FRUIT 3-4 Eat more Veggies (non-starchy)

HSPH-Make most of your meal **vegetables and fruits** – ½ of your plate. Aim for color and variety, and remember that potatoes don't count as vegetables on the Healthy Eating Plate because of their negative impact on blood sugar. *A variety of vegetables from all of the subgroups—dark green, red and orange, legumes (beans and peas) (DGA). A serving of vegetables is 1/2 cup of most vegetables except leafy greens which is 1 cup. A serving of fruit is the whole fruit. If weight loss is your goal maybe stay with 1-3 servings of fruit and have more veggies.*



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MEAL SIZE - 3

•THE AMOUNT OF FOOD EATEN AT EACH MEAL SHOULD NOT EXCEED 30-40 % OF DAILY CALORIES.

DAILY MEALS 4- Try to have 3 balanced meals a day

•THE DAILY MEALS SHOULD BE AT LEAST 3 AND THEY SHOULD BE COMPLETE WITH A VARIETY OF FOOD. MEALS SHOULD CONSIST OF A COMPLETE PROTEIN, COMPLEX CARBOHYDRATE, AND VEGETABLES OR FRUIT.

MEAL QUALITY (Do you have a healthy plate?) 3-4 Make ½ of your plate vegetables and fruit, 1/2 protein, and 1/4 complex unrefined carbohydrate (examples: sweet potato, brown rice, wheat wrap, quinoa).

Your Overall Quality of your Diet (an educated judgement): **Fair** Scale: Excellent, Very Good, Good, **Fair**, Somewhat Poor, Poor, Very Poor

CREATE A HEALTHY PLATE BASED ONLY THE RECOMMENDATIONS PROVIDED

The American Heart Association (AHA) recommends that you: **Red highlighted specific to you**

- Eat a variety of fruit and vegetable servings every day. **Dark green, deep orange, or yellow fruits and vegetables are especially nutritious.** Examples include spinach, carrots, peaches, and berries. In order to absorb the vitamins in veggies and fruit you need a little dietary fat especially from olive oil or canola oil; see important link.
- Eat a variety of grain products every day. Include whole-grain foods that have lots of fiber and nutrients. Examples of whole grains include oats, whole wheat bread, and brown rice.
- **Eat fish at least 2 times each week.** Oily fish, which contain omega-3 fatty acids, are best for your heart. These fish include tuna, salmon, mackerel, lake trout, herring, and sardines.
- **Eat Less calories.** Stay at a healthy weight by balancing the amount of calories you eat with the activity you do every day. If you want to lose weight, increase your activity level to burn more calories than you eat.
- **Eat foods low in saturated fat and cholesterol (less cheese).** Try to choose the following foods:
 - Lean meats (limit red meat) and meat alternatives like beans or tofu
 - Fish, vegetables, beans, and nuts
 - Nonfat and low-fat dairy products

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- Polyunsaturated or monounsaturated fats, like canola and olive oils, to replace saturated fats, such as butter
- Limit red meat; [see important link.](#)
- Read food labels and limit the amount of trans fat you eat. = Many Processed foods. Trans fat raises the levels of LDL ("bad") cholesterol and also lowers high-density lipoprotein (HDL, or "good") cholesterol in the blood. Trans fat is found in many processed foods made with shortening or with partially hydrogenated or hydrogenated vegetable oils. These foods include cookies, crackers, chips, and many snack foods.
- Limit sodium intake to less than 2,300 mg of sodium a day (about one teaspoon). Choose and prepare foods with little or no salt.
- Limit alcohol intake to 2 drinks a day for men and 1 drink a day for women.
- Limit drinks and foods with added sugar, keep under 100 for women and under 150 calories for men.

Other heart-healthy diets

These recommendations from the AHA, DGA, and HSPH are just one of several eating guidelines that help keep you healthy. Other healthy eating plans are the DASH diet, the TLC diet, and the Mediterranean diet.

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