

June, 2003

Dear Jo,

Thank you for contacting "My Dietitian" for your dietary computer analysis. "My Dietitian" provides personal, practical, professional and affordable diet advice from the convenience of your computer, without the need to make and attend cumbersome appointments.

Your recommended eating plan will provide you with:

- 1) all your required vitamins and minerals,
 - 2) a healthy proportion of protein, fat and carbohydrates,
 - 3) the right type of fats, and
 - 4) suitable energy,
- for your individual needs.

For your personal details below:

A 35 year old female, Weight: 85kg, Height: 169cm. Light-Moderate activity.

Your food intake for a typical day (as per the information provided), using the state-of-the-art tools available is as follows:

<i>Day</i>	<i>Meal</i>	<i>Food</i>	<i>Quantity</i>	<i>Note</i>
	b	Oats,Cooked,Ns Regular/Quick/Instant,Fat Not Added In Ckg		0.75 cup (cooked)
		Milk,Fluid,Whole	.75 cup	
		Bread,White,Toasted	2 large toast slice (crust left)	
		Butter,Regular	20g	
		Coffee,black,from ground,regular	1 cup	
		Milk,Fluid,Whole	2 tb	
	mt			
	L	Bread,White,Toasted	2 large toast slice (crust left)	
		Butter,Regular	20g	
		Tuna,Canned In Oil	50g	
		Lettuce,Common,Raw	20g	
		Apple,Green,Raw,Unpeeled	1 large (>8cm dia)	
		Chocolate,Milk,Plain	40g	
		Coffee,black,from ground,regular	1 cup	
		Milk,Fluid,Whole	2 tb	
	at	.Arnotts scotch finger [Biscuit]	2 biscuit	
		Juice,apple	1 cup	
	D	Beef,Steak,Rump,Grilled/Bbq,Lean&Fat	1 large steak	
		Gravy,Homemade,NFS	.33 cup	
		Potato,Mashed,Made With Fat,From Raw	.75 cup	
		Carrot,Cooked,Fat Added In Cooking	.5 cup (sliced fr fresh)	
		Broccoflower,Cooked,Fat Added In Cooking	.5 cup (flowerets)	
		Fruit Salad,Tropical,Canned In Natural Juice	.5 cup	
		Cream,Pure,Whipped,Unsweetened	.25 cup	
		Wine,Red	2 wine glass(150ml)	
	supp extra	Crisp,Potato,Plain,Vegetable Oil,No Added Salt	.15 packet (21g)	
		Macadamia,Raw	30g	

Your analysis of your food diary is outlined in the following table (see graph attached):

(See your energy ratio from protein, fat, carbohydrate and alcohol attached + ratio of poly, mono and saturated fats)

Nutrient	Avg/Day	RDI	RDI(%)
Weight (g)	2904.45		
EnergyDF (kJ)	13362.51	10927.60	122%
Protein (g)	133.70	45.00	297%
Total Fat (g)	169.20		
Saturated Fat (g)	76.08		
Monounsaturated Fat (g)	67.46		
Poly-unsaturated Fat (g)	15.94		
Cholesterol (mg)	446.75		
Carbohydrate(Avail) (g)	228.66		
Sugars (g)	116.23		
Starch (g)	111.65		
Water (g)	2285.52		
Alcohol (g)	28.61		
Dietary Fibre (g)	21.92		
Sodium (mg)	2188.71?		
Potassium (mg)	4406.86	1950.00	226%
Magnesium (mg)	367.55	270.00	136%
Calcium (mg)	715.95	800.00	89%
Phosphorus (mg)	1753.15	1000.00	175%
Iron (mg)	19.55	12.00	163%
Zinc (mg)	19.39	12.00	162%
Thiamin (mg)	1.39	1.09	127%
Riboflavin (mg)	2.27	1.64	139%
Niacin (mg)	35.91		
Niacin Eq (mg)	62.86	17.48	360%
Vitamin C (mg)	89.69	30.00	299%
Total Folate (ug)	229.80	200.00	115%
Total A Eq (ug)	2362.69	750.00	315%
Retinol (ug)	872.53		
B-Carotene Eq (ug)	8951.06		

Summary based on your computer analysis report:

1) The estimated requirements for a 35 year old, 85 kg female doing light-moderate activity is approximately: 10 285kj (2450kcal) per day. Your calculated energy intake is 13 185kj (3140kcal) per day, so it is not surprising that your weight is gradually increasing.

2) Based on your current weight of 85 kg and height of 169cm, you are currently bordering between overweight and obese. Your goal weight for your height is 58-72kg.

Your ideal rate of weight loss is 1/2 kg per week.

3) Your RDI or recommended dietary intake for "Calcium" is low and therefore needs improvement.

4) Your fibre intake of 22g of dietary is lower than the recommended 30g of dietary fibre per day and therefore needs to be increased.

Summary of recommendations:

1) Substitute high fat for low fat snacks ie: (substitute potatoo crisps and chocolate for pretzels, popcorn or fresh fruit)

2) Spread your fat (margarine) on your bread thinly.

3) Substitute margarine for butter to improve the type of fat you are having and therefore improve your mono and poly unsaturated fat ratio compared to the less desirable saturated fats.

- 4) Use trim or reduced fat milk in place of the whole or full fat milk.
- 5) Increase exercise from light-moderate to moderate activity by ie: walking or swimming for 20minutes per day.
- 6) Use wholemeal or high fibre white bread instead of white bread to increase your fibre intake.
- 7) Use fresh fruit, rather than fruit juice to increase fibre.
- 8) Use reduced fat cream or yoghurt on fruit salad.
- 9) Substitute shortbread sweet biscuits for dry biscuits with cottage cheese and tomato.
- 10) Increase calcium intake with increased low fat dairy food items ie: yoghurt.
- 11) Use tuna or tinned meats canned in brine or water and NOT in oil.
- 12) Ensure that you drink at least 8 glasses of water (or non-caffeinated\alcoholic\low calorie drinks) per day.
- 13) Trim the fat off your meat and grill rather than fry.
- 14) Avoid adding (margarine\butter) to vegetables.

Sample recommended meal plan:

Breakfast

Oats the reduced fat milk
 2 slices white increased fibre bread
 Margarine spread thinly
 Coffee with reduced fat milk added

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Lunch

2 slices high fibre white toast
 Margarine thinly spread
 Tuna filling (canned in brine)
 lettuce
 1 serve fresh fruit
 Coffee with reduced fat milk added

at

2 dry biscuits
 1 tablespoon cottage cheese (low fat)
 2 slice tomato

Dinner

Steak (grilled with fat trimmed off)
 Vegetables (no fat added)
 Fruit salad (in natural juice) + low fat yoghurt topping
 1 (150ml glasses) red wine

Extra

At least 8 glasses water during the day
 Popcorn (no fat added)
 5 Macadamia nuts

Conclusion

By following the general advice outlined above, you should expect a gradual (and healthy) weight loss (1/2 kg per week approximately) to reach your goal weight of 72kg. If you still do not lose weight, try avoiding the extra nuts or reducing the wine to 1 glass (note: you should have at least 2 non-alcohol free days per week) or reducing the meat serve size. You should also remember that your weight loss may be masked by increased muscle due to the increased exercise and therefore body measurements (waist\hip ratio) may need to be taken into account.

Should you have any queries regarding the above information, please e-mail me on xxxxx@mydietitian.com.au.

My Dietitian provides long-term dietary support and counselling to help you achieve and maintain your nutritional goals. Should you require weight control, or advice on any special diet for follow-up e-counselling just choose the service you require and complete the associated form (only indicate that this is a 'follow-up' rather than 'initial' consultation on the form). Research has shown that long term dietary success is correlated to on-going professional support, as required.

You also have the option to choose the 'one-week meal plan' (including recipes and serve sizes) in the payment section of the form.

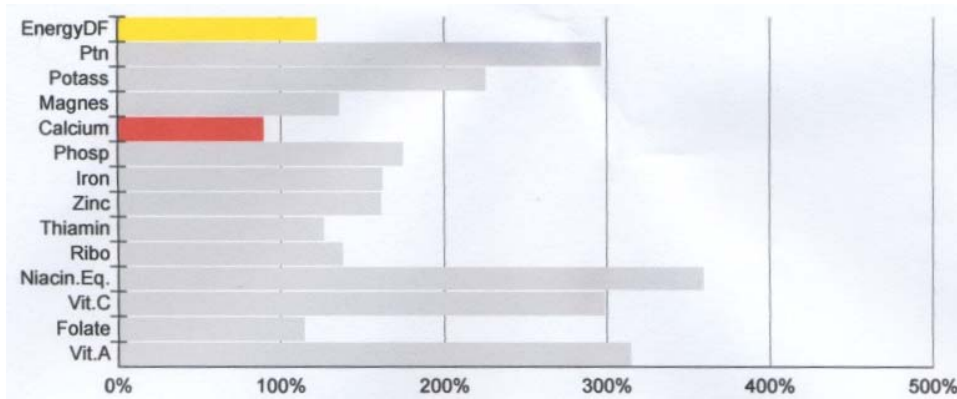
Wishing you every success in improving your diet 'for optimal health and lifestyle'.

Maya McColm
(APD Dietitian\Nutritionist)

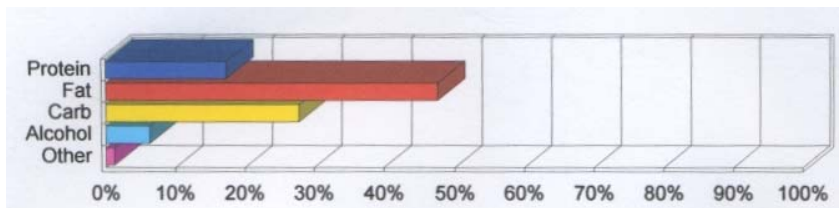
Please note that this service is not intended to replace the advice provided by your doctor. The service is based on the information given during the consultation process.

Jo BLOW ANALYSIS (PRIOR TO RECOMMENDATIONS)

RECOMMENDED DIETARY INTAKES



RATIO ENERGY FROM PROTEIN, FAT, CARBOHYDRATE AND ALCOHOL



RATIO POLY, MONO AND SATURATED FATS

