

Diet Overview



55%-60% Carb



15%-25% Protein



20-25% Fat

Eating Tips

Focus on eating more fruits & vegetables & whole grains. Eat lean proteins like beans, lentils, fish, nuts and poultry. Use healthy oils like olive oil rather than butter. Eat nonfat or low fat rather than high fat dairy.

Eat as many non-starchy vegetables as you want

Calorie Control

- Use a smaller plate for dinner 1 week

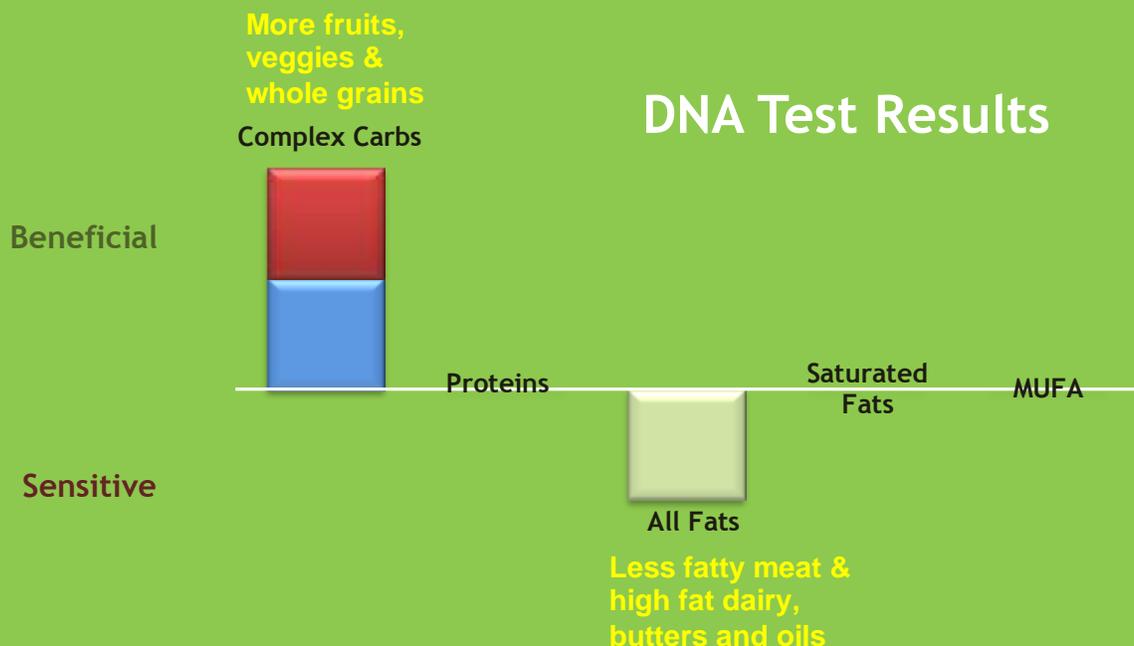
Healthy Diet Habits

- 1/2 plate fruits and veggies for 2 weeks
- Cook dinner at home one more day

Fat Control

- None

DNA Test Results



Plan Overview

Here is an overview of your Diet plan for the month.

Week 1	<ul style="list-style-type: none">• Eat at least 1/2 plate fruits and veggies.• 55-60% complex carbohydrates, 15-25% protein and 20%-25% fats
Week 2	<ul style="list-style-type: none">• Eat at least 1/2 plate fruits and veggies.• 55-60% complex carbohydrates, 15-25% protein and 20%-25% fats
Week 3	<ul style="list-style-type: none">• Use a smaller plate for dinner this week.• 55-60% complex carbohydrates, 15-25% protein and 20%-25% fats
Week 4	<ul style="list-style-type: none">• Cook dinner one extra day.• 55-60% complex carbohydrates, 15-25% protein and 20%-25% fats

About the Nutrients

Your body requires proteins, carbohydrates and fats for energy and health. Fats include both saturated and unsaturated fats. Saturated fats are typically solid at room temperature. The most common sources of saturated fats are meat and animal products like high fat dairy products. Unsaturated fats are usually liquid at room temperature and are generally healthier than saturated fats.

Monounsaturated fat (MUFA) is a type of unsaturated fat that is found in higher amounts in nuts, olive oil, olives and avocados. In general you should try to eat more unsaturated than saturated fats.

Your body needs all of these macronutrients to stay healthy. Different people find it easier to stay a healthy weight on different percentages of these macronutrients. The ThinnerGene DNA test looks at what percentage of carbohydrates, proteins, all fats, saturated fats and monounsaturated fats might make it easier for you to stay a healthy weight.

What Should You Eat?

Your results suggest that you require more complex carbohydrates like vegetables, fruits and whole grains and fewer fats to stay a healthy weight.

You can eat as many non-starchy vegetables as you like such as broccoli, spinach, tomatoes and celery. You may also want to eat more fruits and starchy complex carbohydrates like whole wheat breads and pasta and brown rice.

Eat less simple carbs like sugar, honey and non-whole grain products like white bread, pasta or rice as these foods can make it **harder** for you to lose weight and stay healthy.

Plant based proteins like beans, lentils, quinoa and nuts are ideal as they have both carbohydrates and protein and don't contain any saturated fats. When eating meat, choose fish, and white meat poultry, with the skin removed, over fattier meats.

Your body also appears to be sensitive to fats so you should decrease the amount of fatty meats and high fat dairy products that you eat. If you eat dairy products then stick to nonfat products like nonfat Greek yogurt or nonfat cottage cheese.

Make sure that you get some fat in your diet as fat can help you stay healthy and keep you feeling full. When you do eat fats, choose foods higher in monounsaturated fats like olive oil rather than foods higher in saturated fats like butter.

To make it easier for you follow this diet plan we have created a personalized meal planning tool (see *Meal Planner...*) and a personalized meal plan (see *Meal Plan...*)

How are You Doing?

Healthy Diet Habits

Your Healthy Diet Habits control score is 14 which is Good. You have some great healthy habits like rarely eating fast food, desserts, soda or processed foods. One area that needs improvement is increasing the amount of fruits and vegetables that you eat. Why not try and fill at least half your plate with fruits and veggies this month.

You might also want cook at home more often as that can help you eat healthier and lose weight. Why not cook at extra meal one week. When you do eat out you might want to search for healthier, dietitian approved options at: <http://www.healthydiningfinder.com/>

Calorie Control

Your Calorie control score is 14 which is “Fair”. It looks like you regularly eat so much that you feel uncomfortable. There are a couple of ways to combat this. One way is to use a dessert or salad plate for dinner which can help you cut calories while feeling fuller. One study found that people who were given small bowls and were told to eat as much as they wanted ate 16% less than people who were given larger bowls. In addition to eating more, the large bowl group mistakenly thought that they had eaten less than the small bowl group.¹

You can also prevent overeating by taking a five minute break in your meal or putting down your fork between bites. It takes about 20 minutes for your brain to realize that your stomach is full. One study even found that people ate 67 fewer calories when they ate slower, and they still felt as full.² Multiply 67 times three meals a day and it starts to add up. We have included the “Eat Slowly and Enjoy Quest” in week three of your *Emotion Plan*.

Fat Control

Your Fat control score is 8 which is Good. It’s great that you choose healthy fats and don’t eat a lot of high fat products. We don’t have any recommendations for this area.

Following Your Diet Plan

Tracking Online

You can follow your Diet Plan by tracking your nutrients and calories online. You will need to set your macronutrient percentage goals to 55-60% complex carbohydrates, 15-25% protein and 20%-25% fats.

Some of the calorie trackers that allow you to track your macronutrients and also your saturated and monounsaturated fat breakdown are:

- Myfitnesspal.com
- Sparkpeople.com
- Fitday.com

Following a Meal Plan

You can also follow your Diet Plan by following the meal plan that we have provided (see *Meal Plan...*). Feel free to contact us if you are interested in purchasing an extended meal plan.

Using the ThinnerGene Meal Planner

You can also use the ThinnerGene Meal Planner to plan your meals (see *Meal Planner...*). Although this planner is useful it is not as precise as tracking your meals online.

¹ Wansink, B. & van Ittersum, K. (2006). The visual illusions of food: why plates, bowls, and spoons can bias consumption volume. *The Journal of the Federation of American Societies for Experimental Biology*, 20(4), A618.

² Layton, J. (2006). Could I lose weight just by eating slower? *Discovery Health*.

<http://health.howstuffworks.com/wellness/diet-fitness/weight-loss/eat-slower.htm>

How Many Calories Should You eat?

How did we Calculate the Calories for your Meal Plan?

We have set your introductory meal plan to 1400 calories per day. This is approximately 500 calories less than you burn since you want to lose weight. This will allow you to lose approximately one pound per month. It is not recommended that you go below 1,200 calories as that can suppress your metabolism and make it harder for you to lose weight. Keep in mind that these calculations are only approximate so feel free to eat more calories if required.

Calculating the Calories that you Burn

If you stayed in bed all day, then you would burn about 1603 calories per day. In other words, you would need to eat approximately 1603 calories per day to maintain your current weight. This is called your basal metabolic rate (BMR). Based on your current level of exercise you need to eat approximately 1923 calories per day to maintain your current weight.

This is calculated by multiplying your BMR by an activity adjustment (see table 1).³ If you change your activity level then you may want to recalculate the calories that you burn by multiplying your BMR by the appropriate adjustment from table 1. Your BMR was calculated using the Mifflin St. Jeor formula:⁴

As you lose weight you will want to periodically recalculate how many calories you burn and how many calories you need to eat to lose weight. You can calculate this by using this calculator <http://www.calculator.net/calorie-calculator.html>

Table 1 How Many Calories Do I Burn?

Activity Level	Calories Burned
Sedentary (little or no exercise)	BMR X 1.2
Lightly active (light exercise/sports 1-3 days/week)	BMR x 1.375
Moderately Active (moderate exercise/sports 3-5 days/week)	BMR x 1.55
Very active (hard exercise/sports 6-7 days a week)	BMR x 1.725
Extra active (very hard exercise/sports and physical job or 2x training)	BMR x 1.9

³ Kelly. How to Calculate How Many Calories You Need to Eat to Lose Weight. August 9, 2012 <http://www.theraddish.com/tag/mifflin-st-jeor-equation/>

⁴ Mifflin, MD; St Jeor, ST; Hill, LA; Scott, BJ; Daugherty, SA; Koh, YO (1990). "A new predictive equation for resting energy expenditure in healthy individuals". *The American journal of clinical nutrition* 51(2): 241-7. [PMID 2305711](https://pubmed.ncbi.nlm.nih.gov/2305711/)

Avoiding plateaus

Sometimes after you have been dieting for a while you may find that your weight loss slows down and possibly even plateaus for a bit. The first thing to check is whether you are eating too many calories for your current weight. You can do this by recalculating how many calories you burn. You can calculate this by using this calculator <http://www.calculator.net/calorie-calculator.html>

If you think that you are eating the correct number of calories then it's possible that your body has responded to your dieting by decreasing your metabolism. If this happens, then you may want to consider increasing your calories to close to or at what your body needs to maintain your weight for a week. This can "trick" your body into increasing your metabolism.⁵ You may also want to consider preventing plateaus by eating the number of calories required to stay at the same weight for one day every week or for one week every 12 weeks.⁶

⁵ Venuto, Tom. Fitwatch. 5 Tips to Avoid Plateaus and Metabolic Slowdown.
<http://www.fitwatch.com/weight-loss/5-tips-to-avoid-plateaus-and-metabolic-slowdown-647.html>

⁶ Venuto, Tom. Fitwatch. 5 Tips to Avoid Plateaus and Metabolic Slowdown.
<http://www.fitwatch.com/weight-loss/5-tips-to-avoid-plateaus-and-metabolic-slowdown-647.html>

Photo references (first page)

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