

Patient Name: [REDACTED]
Gender: Female
DOB: 2/23/1967
Age: 50
Height: 5' 5"
Weight: 247 Lbs

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SUGGESTED WELLNESS PROGRAM

WEIGHT CLASSIFICATION AND FOLLOW UP

Your BMI is:	41.1
Your Fat Mass is:	55 %
Your Activity Level is:	Moderate
Regarding the International Classification of adult* underweight, overweight and obesity according to BMI	You are obese.

*Source: Adapted from WHO, 1995, WHO, 2000 and WHO 2004

TOTAL WEIGHT: **246 Lbs**



FatFreeLabel1

DRY LEAN MASS	44%	Percentage of muscles and bones to the total weight
BODY FAT MASS	55%	Percentage of the fat mass to the total weight
TOTAL BODY WATER	38%	Percentage of the water to the total body weight
BODY MASS INDEX	41.1	The BMI is the ratio of the weight (Kg) and square of the height (m)

CONTROL YOUR WEIGHT


TARGET WEIGHT
123 Lbs

WEIGHT PLAN
-123
FAT PLAN
-28 %

CALORIES RANGE PER DAY



BMR: Basal metabolic rate, is the total number of calories required for daily normal body functions (excluding activity factors).

DEE: Calculating the calories input (dietary intake) and output (physical activity) you need daily based on BMR would be an effective method for body weight control.

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GLYCEMIC INDEX CONTROL

WHAT IS THE GLYCEMIC INDEX (GI) ?

The GI is one the best tools for fat loss. It measures how quickly foods breakdown into sugar in your bloodstream. High glycemic foods turn into blood sugar very quickly. Starchy foods like potatoes are a good example. Potatoes have such a high GI rating; it's almost the same as eating table sugar.

WHAT IS THE GLYCEMIC LOAD (GL) ?

It measures the amount of carbohydrate in each service of food. Foods with a GL under 10 are good choices - These foods should be your first choice for carbs. Foods that fall between 10 and 20 on the GL scale have a moderate effect on your blood sugar. Foods with a GL above 20 will cause blood sugar and insulin spikes.

TYPES OF FOOD	GLYCEMIC INDEX	SERVING SIZE	NET CARBS	GLYCEMIC LOAD
Peanuts	14	4 oz (113g)	15	2
Bean Sprouts	25	1 cup (104g)	4	1
Grapefruit	25	1/2 large (166g)	11	3
Apples	38	1 medium (138g)	16	6
Carrots	47	1 large (72g)	5	2
Oranges	48	1 medium (131g)	12	6
Pizza	30	2 slices (260g)	42	13
Lowfat Yogurt	33	1 cup (245g)	47	16
Spaghetti	42	1 cup (140g)	38	16
Bananas	52	1 large (136g)	27	14
Potato Chips	54	4 oz (114g)	55	30
Honey	55	1 tbsp (21g)	17	9
Sugar (sucrose)	68	1 tbsp (12g)	12	8
Oatmeal	58	1 cup (234g)	21	12
Ice Cream	61	1 cup (72g)	16	10
Snickers Bar	55	1 bar (113g)	64	35
Brown Rice	55	1 cup (195g)	42	23
Macaroni and Cheese	64	1 serving (166g)	47	30
Raisins	64	1 small box (43g)	32	20
White Rice	64	1 cup (186g)	52	33
Popcorn	72	2 cups (16g)	10	7
Watermelon	72	1 cup (154g)	11	8
White Bread	70	1 slice (30g)	14	10
Baked Potato	85	1 medium (173g)	43	28
Glucose	100	(50g)	50	50

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RECOMMENDED FOODS

NOT RECOMMENDED FOOD

STARCHES

Whole grains, such as brown rice, oatmeal, quinoa, millet or amaranth.	Processed grains, such as white rice or white flour
Baked sweet potato	Cereals with little whole grains and lots of sugar
Item made with whole grains and no added sugar	White bread, French fries

VEGETABLES

Fresh veggies, eaten raw or lightly steamed, roasted, or grilled	Canned vegetables with lots of added sodium
Plain frozen vegetables, lightly steamed	Veggies cooked with lots of added butter, cheese, or sauce
Greens such as kale, spinach and arugula. Iceberg lettuce is not as great, because it's low in nutrients.	Pickles, if you need to limit sodium - otherwise, pickles are okay.
Low sodium or unsalted canned vegetables	Sauerkraut, for the same reason as pickles - so, limit them if you have high blood pressure

FRUITS

Fresh fruit	Canned fruit with heavy sugar syrup
Plain frozen fruit or fruit canned without added sugar	Chewy fruit rolls
Sugar-free or low-sugar jam or preserves	Regular jam, jelly, and preserves (unless you have a very small portion)
No-sugar-added applesauce	Sweetened applesauce, Fruit punch, fruit drinks, fruit juice drinks

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RECOMMENDED FOODS

NOT RECOMMENDED FOOD

PROTEIN	
Plant-based proteins, such as beans, nuts, seeds, or tofu	Fried meats. Higher-fat cuts of meat, such as ribs
Fish and seafood	Pork bacon, Deep-fried tofu
Chicken and other poultry (Choose the breast meat)	Regular cheeses, Beans prepared with lard
Eggs and low-fat dairy	Poultry with skin, deep-fried fish
DAIRY	
1% or skim milk	Whole milk, Regular ice cream, Regular half-and-half
Low-fat yogurt, Low-fat cottage cheese	Regular yogurt, Regular cottage cheese
Low-fat or nonfat sour cream	Regular sour cream
FATS, OILS, AND SWEETS	
Natural sources of vegetable fats, such as nuts, seeds, or avocados (high in calories, so keep portions small). Plant-based oils, such as canola,	Anything with artificial trans fat in it. Anything that's «partially hydrogenated», even if the label says it has 0 grams of trans fat.
Salmon, tuna, or mackerel. Natural sources of vegetable fats, such as nuts, seeds, or avocados (high in calories, so keep portions small).	Big portions of saturated fats, which mainly come from animal products but also are in coconuts oil and palm oil.
DRINKS	
Water, unflavoured or flavoured sparkling water	Regular sodas
Unsweetened tea (add a slice of lemon)	Regular beer, fruity mixed drinks, dessert wines
Light beer, small amounts of wine, or non-fruity mixed drinks	Sweetened tea. Energy drinks
Coffee, black or with added low-fat milk and sugar substitute	Coffee with sugar and cream. Flavoured coffees and chocolate drinks.





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BENEFITS OF EXERCISE









The intensity, frequency and duration of physical activity does not necessarily fit everyone. Being active is important for health. Exercise produces significant effects that prevent chronic diseases such as high blood pressure and body weight loss. By being active, you'll get to enjoy the benefits of these as well as decreased diabetes risk, improved cardiopulmonary function, or better strength and flexibility of muscle and bone.

 Enhance muscle strength  Muscular endurance  Bones strength  Flexibility

 Suggested  Not recommended















LIGHT INTENSITY SPORT ACTIVITY (>3 METs*)

 Walking for pleasure, the dog	 Yoga ,Pilates, Tai Chi
 Standing light work (cooking, dishes)	 Water aerobic
 Fishing sitting	 Ballroom and dancing
 Playing most instruments	 Adapted fitness classes














MODERATE INTENSITY SPORT ACTIVITY (<3.0 - 6.0> METs*)

 Walking very brisk (4mph)	 Badminton recreational	 Basketball - Shooting baskets
 Running / jogging	 Tennis doubles	 Treatmill
 Weight / resistance machine min	 Golf, wheeling or carrying clubs	 Free weight
 Bicycling light effort (10-12 mph)	 Aerobic dancing	 Stretching - 15 min



VIGIROUS INTENSITY SPORT ACTIVITY (>6 METs*)

 Hiking, mountain climbing - 5 mph	 Bicycling fast -(mhp)	 Jumping rope
 Running / Jogging at mph	 Basketball, football, soccer, rugby, kickball, squash, hokey game	 Canoeing (>4mph)
 Swimming - 30 min	 Tennis single	 Home repair or construction
 Push up, pull-up, karate, gymnastics		 Boxing

* Exercise experts measure activity in metabolic equivalents, or METs. One MET is defined as the energy it takes to sit quietly. For the average adult, this is about one calorie per every 2.2 pounds of body weight per hour. Someone who weighs 160 pounds would burn approximately 70 calories an hour. MPH: Miles-per-hour

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DIABETES DIETARY FOOD RECOMMENDATIONS

Nuts

Nuts are rich in good fats and proteins, and are proven to have a positive effect on insulin decrease which lowers the risk of developing type 2 diabetes. Examples of healthy nuts are almonds, cashews, peanuts, pecans and walnuts.

Garlic

Garlic contains high levels of anti-oxidants. It was proved that garlicks can raise insulin production and lower blood glucose.

Flax seed

Flaxseeds are rich in fibers and Omega-3 fatty acids, low in carbohydrates and fat, which help lower blood glucose and cholesterol levels.

Onion

Onion contain high level of sulfur and flavonoid which significantly improve blood glucose level and raise good cholesterol (HDL) level.

Fish oil

Because of its ability to lower triglyceride levels and the risk for arrhythmia, fish oil—and more specifically omega-3 polyunsaturated fatty acids (PUFAs)—may be used by diabetic patients.

DIABETES SUGGESTED SUPPLEMENTS

Alpha-Lipoic acid

Alpha-lipoic acid seems to help prevent certain kinds of cell damage in the body, and also restores vitamin levels such as vitamin E and vitamin C. There is also evidence that alpha-lipoic acid can improve the function and conduction of neurons in diabetes.

Safety: High doses of alpha-lipoic acid supplements can cause gastrointestinal problems.

DOSING: For treating type 2 diabetes and improving symptoms such as burning, pain, and numbness in the legs and arms: 600 or 1200 mg daily

Asian ginseng - American ginseng

Researchers are studying whether Asian ginseng and American ginseng may help control glucose levels.

DOSING: For reducing blood sugar in people with type 2 diabetes: 3 grams up to 2 hours before a meal.

Magnesium

People who ate more cereal fiber and magnesium-rich food had a lower risk of developing type 2 diabetes.

Safety: Large doses of magnesium in supplements can cause diarrhea and abdominal cramping. Very large doses—more than 5,000 mg/day per day—can be deadly.

DOSING: For type 2 diabetes, 2.5 grams of magnesium chloride in a 50 mL solution daily for 16 weeks has been used.

For type 1 diabetes, 300 mg of a specific magnesium gluconate supplement (Ultramagnesium) daily for 5 years has been used.

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SUPPLEMENTS

ALPHA-LIPOIC ACID

Preliminary research suggests this antioxidant may be helpful in slowing or even reversing neuropathy.

B VITAMINS:

A combination of active forms of vitamins B9, B12, and B6 (namely L-methylfolate, methylcobalamin, and pyridoxal-5'-phosphate or LMF-MC-PLP [Metanx®]) is being used to improve sensory neuropathy in diabetic patients. Metanx® may counteract oxidative stress in vascular endothelium and peripheral nerve. However, in patients with diabetic nephropathy, B vitamin therapy may cause more harm than benefit. An RCT showed that high doses of oral B6-B9-B12 vitamins decreased glomerular filtration rate and increased the risk for vascular events (myocardial infarction and stroke) or all-cause mortality in this patient population.

PYCNOGENOL

Pycnogenol is the US registered trademark name for a product derived from the pine bark of a tree known as *Pinus pinaster*. The active ingredients in pycnogenol can also be extracted from other sources, including peanut skin, grape seed, and witch hazel bark. Pycnogenol is used for treating circulation problems. Pycnogenol is POSSIBLY SAFE when taken by mouth in doses of 50 mg to 450 mg daily for up to one year, and when applied to the skin as a cream for up to 7 days or as a powder for up to 6 weeks.

SUPPLEMENTS FOR PREDIABETES AND DIABETIC PATIENT

Chromium

Found in many foods, chromium is an essential trace mineral. If you have too little chromium in your diet, your body can't use glucose efficiently.

Asian Ginseng Supplements

Researchers are studying whether Asian ginseng and American ginseng may help control glucose levels.

Magnesium

It is found in many foods, including whole grains, nuts, and green leafy vegetables, magnesium is essential to the body's ability to process glucose. Magnesium deficiency may increase the risk of developing diabetes.

People who had a diet rich in magnesium had a 15 percent reduced risk of developing type 2 diabetes, according to a 2007 meta-analysis of studies that looked at magnesium from foods or supplements.

Omega-3s supplements

A 2012 study that combined a meta-analysis and a systematic review looked at the possible link between eating seafood or plants with omega-3s and the risk of developing type 2 diabetes.

Vitamins

Supplementing with vitamin D combined with calcium appears to lower the risk of developing type 2 diabetes, according to a 2007 systematic review and meta-analysis.

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BLOOD PRESSURE CONTROL

Lifestyle changes can help you control and prevent high blood pressure — even if you're taking blood pressure medication. Here's what you can do:

EAT HEALTHY FOODS

Try the Dietary Approaches to Stop Hypertension (DASH) diet, which emphasizes fruits, vegetables, whole grains and low-fat dairy foods. Get plenty of potassium, which can help prevent and control high blood pressure. Eat less saturated fat and total fat.

DECREASE THE SALT IN YOUR DIET

A lower sodium level - 1,500 milligrams (mg) a day - is appropriate for people 51 years of age or older, and individuals of any age who are African-American or who have hypertension, diabetes or chronic kidney disease. Otherwise healthy people can aim for 2,300 mg a day or less. While you can reduce the amount of salt you eat by putting down the saltshaker, you should also pay attention to the amount of salt that's in the processed foods you eat, such as canned soups or frozen dinners.

INCREASE PHYSICAL ACTIVITY

Regular physical activity can help lower your blood pressure and keep your weight under control. Strive for at least 30 minutes of physical activity a day.

LIMIT ALCOHOL

Even if you're healthy, alcohol can raise your blood pressure. If you choose to drink alcohol, do so in moderation - up to one drink a day for women and everyone older than age 65, and two drinks a day for men.

DONT SMOKE

Tobacco injures blood vessel walls and speeds up the process of hardening of the arteries.» If you smoke, ask your doctor to help you quit.

MANAGE STRESS

Reduce stress as much as possible. Practice healthy coping techniques, such as muscle relaxation and deep breathing. Getting plenty of sleep can help, too.

MONITOR YOUR BLOOD PRESSURE AT HOME

Home blood pressure monitoring can help you keep closer tabs on your blood pressure, show if medication is working, and even alert you and your doctor to potential complications. If your blood pressure is under control, you may be able to make fewer visits to your doctor if you monitor your blood pressure at home.

PRACTICE RELAXATION

Practice taking deep, slow breaths to help relax. There are some devices available that can help guide your breathing for relaxation; however, it's questionable whether these devices have a significant effect on lowering your blood pressure.

MAINTAIN A HEALTHY WEIGHT

If you're overweight, losing even 5 pounds (2.3 kilograms) can lower your blood pressure

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BLOOD PRESSURE SUGGESTED SUPPLEMENTS

Alpha-linolenic acid

Alpha-linolenic acid is thought to decrease the risk of heart disease by helping to maintain normal heart rhythm and heart pumping. It might also reduce blood clots.

Calcium

People use calcium for complications after intestinal bypass surgery, high blood pressure, high cholesterol, Lyme disease, to reduce high fluoride levels in children, and to reduce high lead levels.

Cod liver oil

Cod liver oil contains certain «fatty acids» that prevent the blood from clotting easily. These fatty acids also reduce pain and swelling. Cod liver oil is used for high cholesterol, high triglycerides, kidney disease in people with diabetes, high blood pressure, heart disease, osteoarthritis, depression and autoimmune disease.

Garlic

Garlic is used for many conditions related to the heart and blood system. These conditions include high blood pressure, low blood pressure, high cholesterol, inherited high cholesterol, coronary heart disease, heart attack, reduced blood flow due to narrowed arteries, and «hardening of the arteries»

Olive

Fatty acids in olive oil seem to decrease cholesterol levels and have anti-inflammatory effects. Olive leaf and olive oil might lower blood pressure.

Vitamin C

There is some thought that vitamin C might help the heart and blood vessels. It is used for hardening of the arteries, preventing clots in veins and arteries, heart attack, stroke, high blood pressure, and high cholesterol.