

Based on my diet analysis from the information in your daily Diet Diary (MyFitnessPal) here are my recommendations and any diet adjustments to your diet to improve your overall calorie and/or nutrient intake to address the areas I have defined in my analysis stated in the sections below. The analysis is based the recommendations of whole food, starch-based diet principles used in my nutrition program (based on Dr. McDougall's protocols - Starch Solution).

A. Diet Analysis Assessment

The results or the assessment of your diet analysis showed an excellent balance of carbohydrates, fat and protein, all the macronutrients. As far as nutrients, your intake of nutrient-dense whole plant foods should supply all the nutrients (vitamins, minerals, fiber) that meet RDA (Recommended Daily Allowance). The spreadsheet below shows summary of the one week of your diet diary.

Date	Calories	Carbs (g)	Fat (g)	Protein (g)	Sodium (mg)	Sugar (g)	Fiber (g)	Analysis/Comments
RECOMMENDED DAILY VALUES (DV)		70 - 90%*	7 - 15%*	10 - 15%*	< 2300 **	< 36 **	40-100*	
2/11/2018	1,525	300	20	56	766	74	48	Sugar intake > recommended
2/12/2018	1,505	284	20	60	1252	56	47	
2/13/2018	1,528	283	26	54		48	43	
2/14/2018	1,584	294	20	56		45	25	
2/15/2018	1,703	244	43	69		55	35	
2/16/2018	1,542	273	30	51		38	40	
Daily Avg	1564.5	279.7	26.4	57.7	1008.5	52.5	39.8	<i>Perfect Ratios!</i>
Ratios		72%	15%	15%				
Total	9387	1678	158	346	2017	315	239	

* Recommendations for a Starched-based diet

** USDA Recommended Daily Allowance (RDA)

All Calories Are Not Equal!	
Fat	1 gram = 9 calories
Protein	1 gram = 4 calories
Carbohydrates	1 gram = 4 calories

¹ These guidelines are established by experts in the field of plant-based nutrition based on many dietary intervention programs and scientific population studies. Such as, The McDougall Program, Dr. Caldwell Esselstyn's program and clinical studies, The China Study by T. Colin Campbell, and Physicians Committee for Responsible Medicine (PCRM).

Below are the assessments showing, 1) Total daily calorie intake, 2) carbohydrate, fat, and protein proportions (ratios), sodium and sugar intake and how to rebalance them, if necessary.

1. Total Daily Calorie Intake

Your total daily calorie intake is great! It's in the recommend values for an adult woman. Based your diet diary the types of calories (macronutrients) are excellent.

2. Complex Carbohydrates (Starch) Intake

The overall ratio of carbohydrates in your diet is approximately 70% (of total calorie intake), which is excellent! Your goal for a starch-based diet is around 70-80% of total calories should come from starches with the remainder coming from fruits and vegetables. Remember, all carbohydrates are *not equal*; there are the good carbs (complex-carbohydrates) and bad carbs (simple sugars).

3. Fat Intake

Your fat intake (good fat not saturated fat) is in the recommended ranges for a low-fat plant-based diet. Great Job!

Recommendation: May want to decrease overall fat intake for greater weight loss.

4. Protein Intake

Protein intake is well within the recommended ranges. Great Job!

5. Sodium Intake

Your sodium intake is excellent.

6. Sugar Intake

Your sugar intake is a higher than the recommended values, most of it coming mostly from fruit and not coming from simple sugars found many processed foods today. I'm not too worried about your sugar intake other for weight loss. May cut back on sugar intake to two servings a day.

Recommendation: The goal is to limit or avoid your intake of simple carbs and refined sugars whenever possible.

B. Summary

Overall, based on your diet diary, your diet is very healthy and nutrient-dense. Excellent Job! Keep up the good work!

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Also, make sure you take a B12 supplement. The recommendation is five micrograms each day to ensure that they are getting an adequate supply of the vitamin. They only sell them in 500 mcg and up, so taking a one week is fine because of the larger dosage.

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