

Nutrients deficiencies assessment

Name:

ID sample:

Gender: F

Race:

Age: 23 years old

Test ID: B4.5

Batch:

Cuprins

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I. Nutritional deficiency

I. Nutritional deficiency

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The nutritional deficiencies were calculated by comparing the actual intake of nutrients with the nutrients intake recommendations according to the nutrigenetic profile for a healthy diet.

If you have a lifestyle that does not repeatedly allow you to reach these thresholds, you are suffering from nutritional deficiencies associated with metabolic imbalances.

The contribution of **36 nutrients and nutritional variables** was evaluated:

a) in case of **26** nutrients the intake level is over the minimum recommended level,

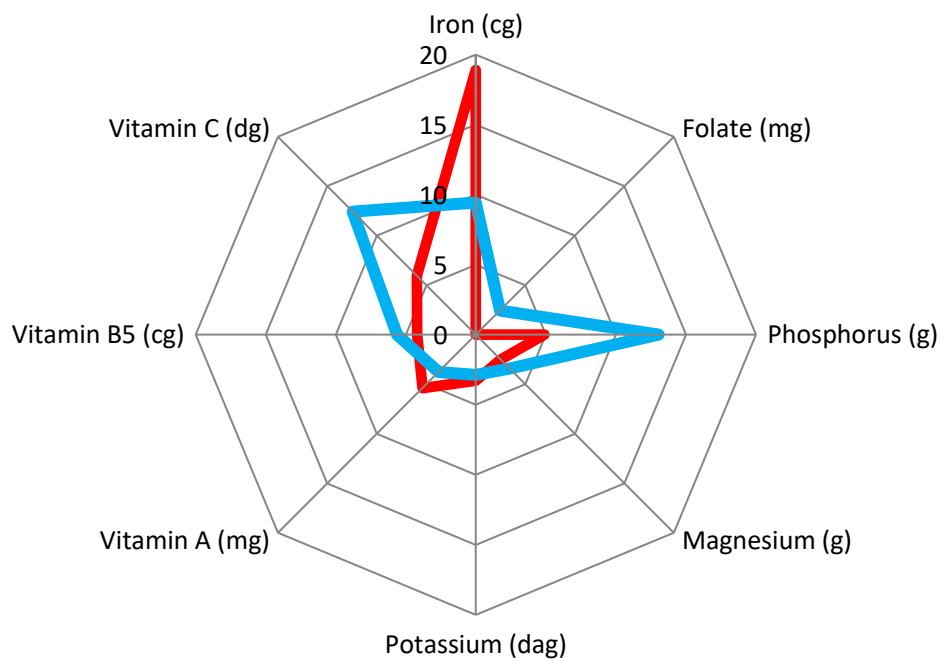
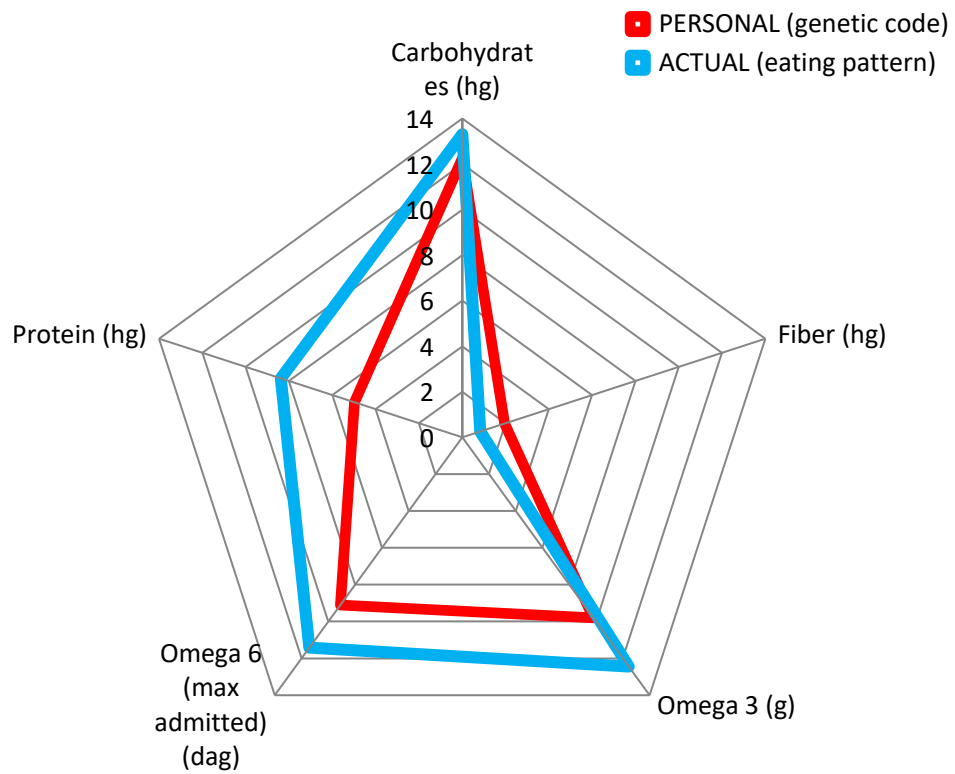
b) for **10** nutrients, the following deficiencies are present:

Nutrient	Deficiency %	Amount of supplements / day
Vit. D (Cholecalciferol) (µg)	54%	8.1
Vit. A (Retinol) (µg)	36%	249.7
Calcium (mg)	25%	312.1
Potassium (mg)	23%	1.1
Iodine (µg)	23%	34.4
Chromium	20%	5
Vit. B2 (Riboflavin) (mg)	18%	0.4
Iron (mg)	17%	3.1
Vit. K (µg)	13%	11.6
Vit. B9 (Folate) (methylated form) (µg)	9%	37.7

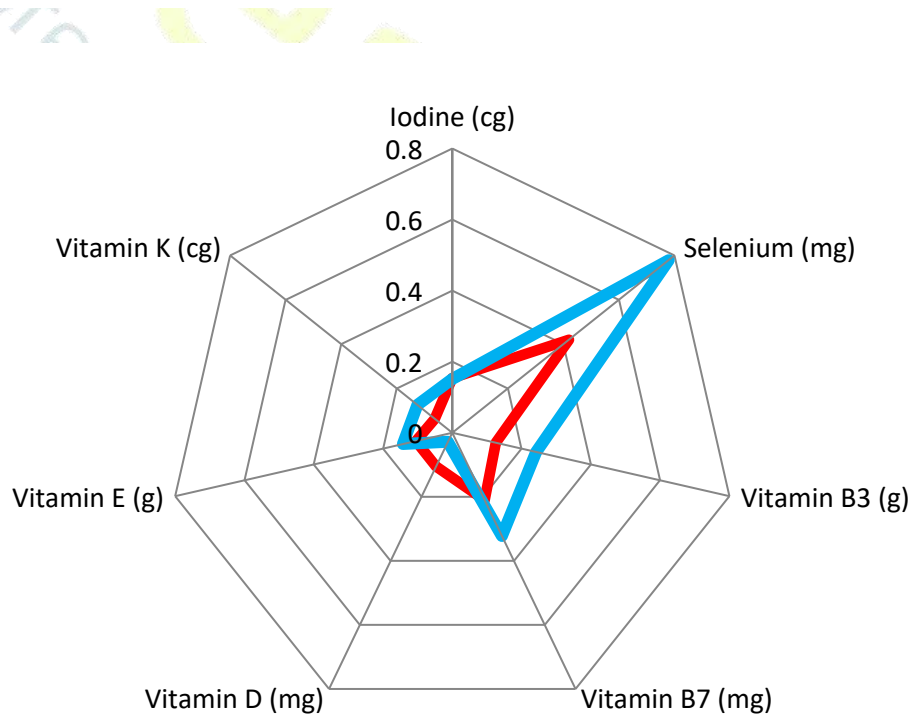
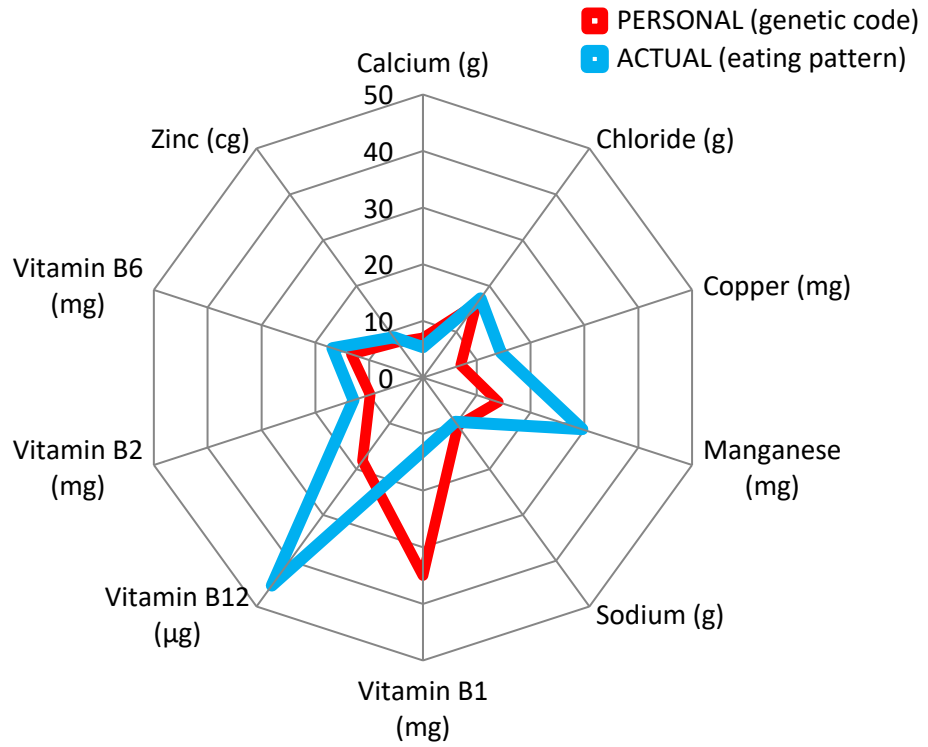
c) The ratio between Omega 6 and Omega 3 is 2.5, according to the nutrigenetic profile this ratio must be <4

II. Nutrigenetic profile – weekly nutrient intake recommendation / week

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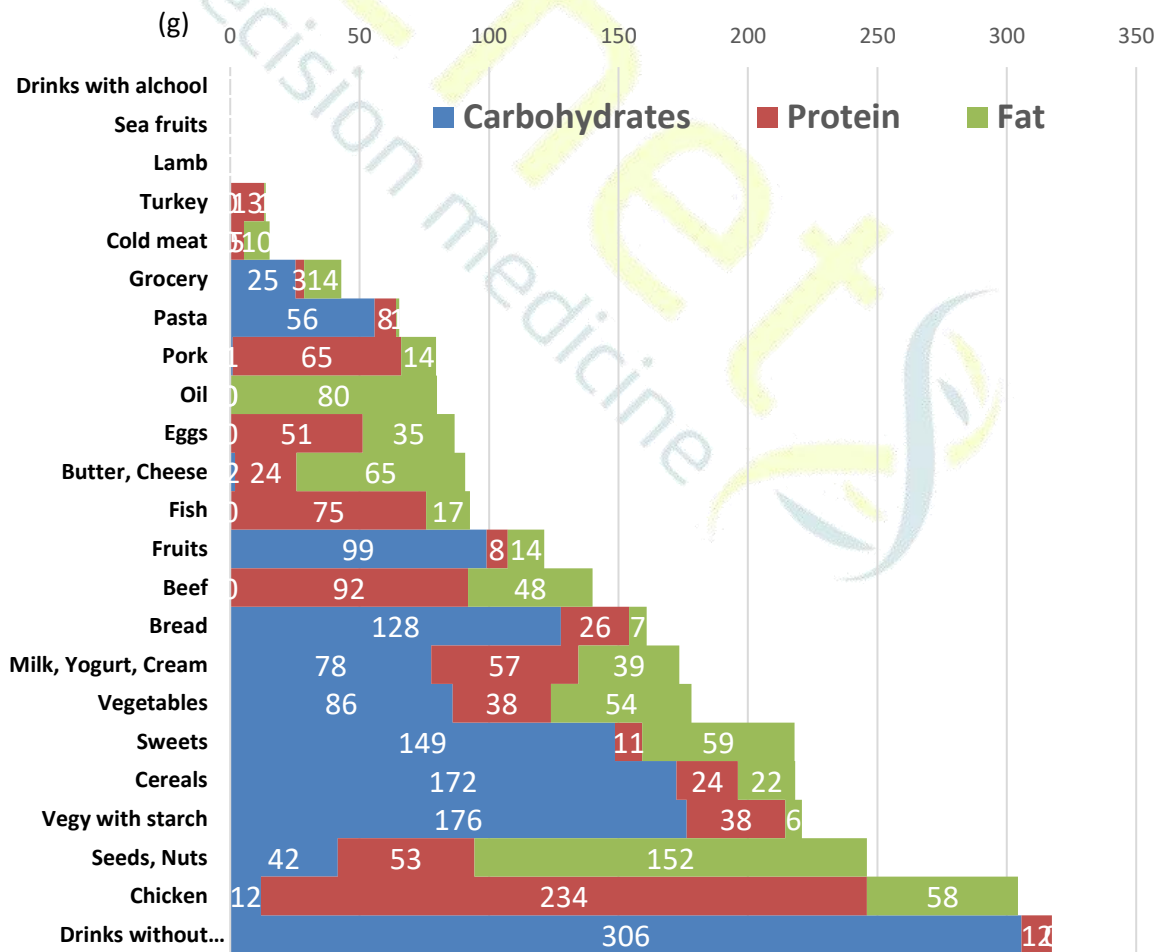
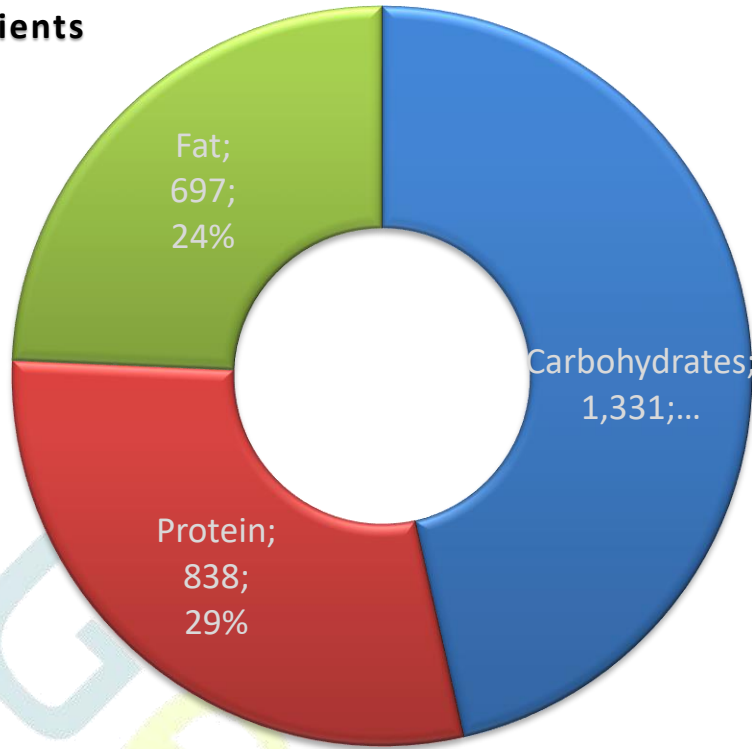
Echivalent	Cantitate	Unitate masura	Simbol
1 gram	0.001	kilogramme	kg
	0.01	hectogramme	hg
	0.1	decagramme	dag
	10	decigramme	dg
	100	centigramme	cg
	1000	miligramme	mg
	1000000	microgramme	µg



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The recommended quantities were calculated based on the **personalized** nutritional requirement for a caloric intake of **2,263** calories / day.

Macronutrients
(g)
%



III. Intake quantity of food /week (g, ml)

Row Labels	Gr/ Portion	Nr. portions	Frequene (weeks)
Breakfast	980	33	30
Butter, Cheese	220	6	12
Butter unsalted;	15	3	1
Cheese cottage plain;	100	1	2
Cheese hard ;	30	1	8
Cheese white ;	75	1	1
Cereals	100	5	2
Breakfast cereal, muesli type cereal, with nuts, unfortified;	50	1	1
Muesli Swiss style no added sugar or salt unfortified;	50	4	1
Cold meat	50	1	2
Salami;	50	1	2
Eggs	100	7	2
Eggs chicken whole boiled;	50	5	1
Eggs chicken whole fried;	50	2	1
Fish	50	1	4
Sardines canned in tomato sauce whole contents;	50	1	4
Grocery	110	4	6
Biscuits plain;	30	1	1
Croissants;	50	1	4
Olives;	30	2	1
Milk, Yogurt, Cream	350	9	2
Milk whole pasteurised ;	250	2	1
Yogurt whole milk plain;	100	7	1
Liquids	1,710	38	6
Drinks without alchool	1,710	38	6
Coffee infusion ;	100	3	1
Coffee powder instant;	10	1	1
Fruit juice mixed;	200	6	1
Lemonade;	200	10	1
Orange juice freshly squeezed;	200	4	1
Water distilled;	1,000	14	1
Meat	1,725	19	36
Beef	300	3	5
Beef fat cooked;	150	1	4
Beef fillet steak grilled;	150	2	1
Chicken	450	7	11
Chicken baked;	150	1	2
Chicken grilled;	150	5	1
Liver chicken fried in corn oil;	150	1	8
Fish	625	5	14

Cod grilled;	150	1	1
Salmon farmed baked;	150	1	4
Salmon smoked;	100	1	2
Trout rainbow baked;	150	1	4
Tuna canned;	75	1	3
Pork	200	3	2
Ham;	50	2	1
Pork loin chops barbecued;	150	1	1
Turkey	150	1	4
Turkey breast fillet grilled;	150	1	4
Side	4,000	51	79
Bread	60	9	2
Bread brown toasted;	30	4	1
Bread wholemeal ;	30	5	1
Oil	40	8	4
Oil olive;	10	3	1
Oil rapeseed;	10	3	1
Oil sunflower;	10	1	1
Oil, coconut;	10	1	1
Pasta	150	1	1
Pasta white boiled;	150	1	1
Vegetables	2,150	22	43
Asparagus boiled;	200	1	8
Aubergine fried;	75	1	1
Beetroot boiled;	100	1	1
Cabbage white;	100	1	8
Carrots old boiled;	100	1	1
Celery boiled;	100	1	2
Garlic;	25	2	1
Gherkins pickled;	100	1	4
Gherkins;	100	1	1
Leeks boiled;	200	1	8
Mushrooms fried;	200	1	1
Pepper capsicum red;	50	1	1
Quinoa;	50	1	1
Salad green;	100	4	1
Sauerkraut;	200	1	1
Spinach mature boiled;	200	1	1
Tomatoes;	50	1	1
Vegetables mixed frozen boiled;	200	1	1
Vegy with starch	1,600	11	29
Beans boiled;	150	1	4
Beans chick peas boiled;	150	1	2
Beans green boiled;	150	1	2
Lentils boiled;	150	1	1
Polenta hydrated;	150	1	4

Potatoes old baked;	150	1	1
Potatoes old boiled;	150	1	4
Potatoes old;	150	1	4
Rice brown wholegrain boiled;	150	1	2
Rice white long grain boiled;	150	1	1
Sweetcorn baby boiled;	100	1	4
Snack	770	29	19
Fruits	640	8	10
Avocado ;	100	1	1
Bananas ;	200	3	1
Cranberries;	50	1	4
Grapes red;	120	1	2
Lemons;	50	1	1
Nectarines;	120	1	1
Seeds, Nuts	90	12	7
Brazil nuts, kernel only;	25	1	1
Peanut butter smooth;	15	1	4
Sunflower seeds toasted;	25	8	1
Walnuts;	25	2	1
Sweets	40	9	2
Chocolate plain;	30	7	1
Honey;	10	2	1
Grand Total	9,185	170	170