



**Weight Sensor**

**Jane Doe**  
**DEMO\_FS**



## COVER LETTER

Dear Ms. Doe,

Your sample for the analysis arrived on 01/09/2016 in the laboratory and was evaluated according to the highest laboratory quality standards (ISO 15189). The results were evaluated by two independent geneticists and molecular biologists and personally approved by me, the laboratory manager. After obtaining the results, your personal report was compiled. I hereby transmit the results to you in the format of your choice.

I would like to thank you for your trust and I hope that you are satisfied with our service. We are always open for questions and suggestions, please do not hesitate to contact us. This is the only way we can continuously improve our services.

I hope the analysis meets your expectations.

Kind regards,

Dr. Daniel Wallerstorfer, B.Sc.  
Laboratory director

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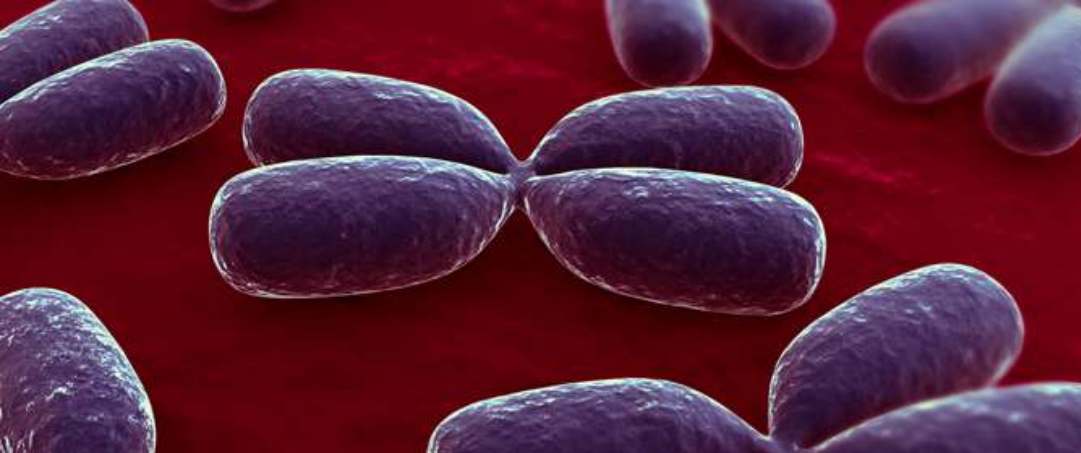
# Weight Sensor

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Personal analysis results for:  
**Jane Doe | Date of birth: 01/01/1985**

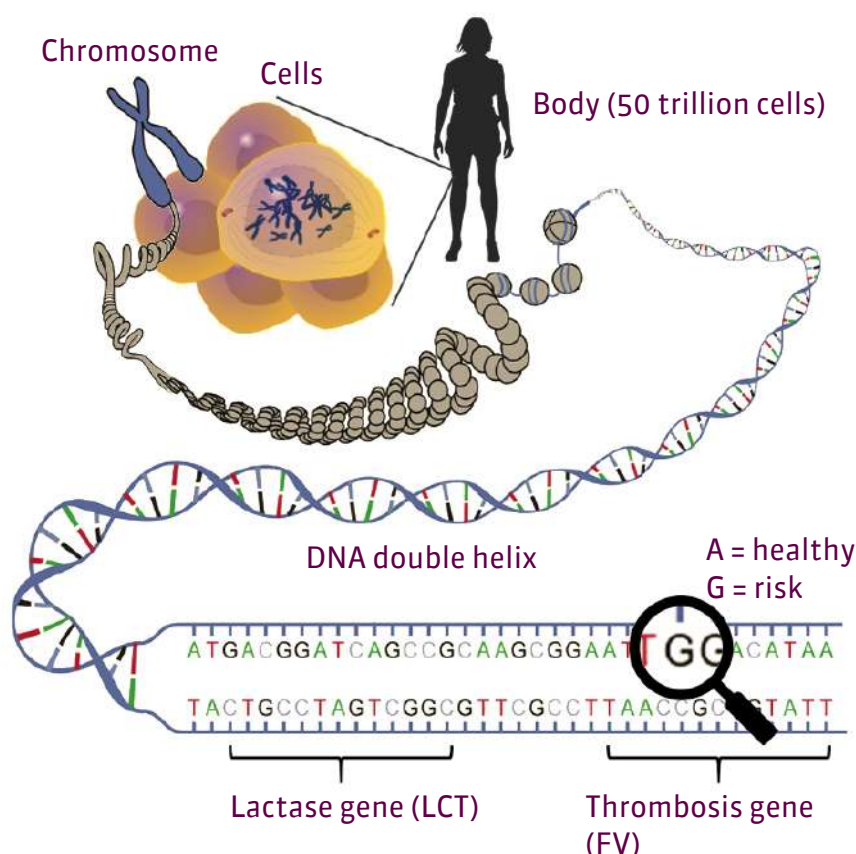
Order number:  
**DEMO\_FS**

**This report contains personal medical information that is highly confidential. Data protection must be ensured.**



## How genes influence our health

The human body consists of about 50 trillion individual cells. Most of these cells have a nucleus which contains 46 chromosomes. A chromosome consists of a very closely wound thread, the DNA "double helix."



DNA, the genetic code, is the blueprint of the human body. This genetic code consists of approximately 3.1 billion molecules, which are each represented by a letter. About 1% of this code makes up the genes. Each gene is an instruction for the body, usually with a single function. For example, some genes tell the body how to color the iris and differences in these genes produce different eye colors. Every function of the body is controlled by one or more genes, including the way we break down food or medication.

Our genes are not completely error-free. The genes of each person are changed slightly by environmental effects. Most of these changes have no effect. A small number have a harmful effect. An even tinier number can produce a beneficial effect. Parents pass these changes, including defects, to their children. Thus most of our genetic defects are inherited from our parents.

In addition, our genes developed to help us live in a completely different world, and some of the traits in our genes can interact with our modern environment to create negative effects on our body. For example, the genetic predisposition to store dietary fat quickly and lose it slowly is beneficial for people who go through times when food is scarce: they have a better chance of surviving because their bodies use fat efficiently and store it for later. However, in the modern world, this trait is harmful because it programs the body to gain weight quickly and lose weight slowly. Genes increase our risk of heart attacks, trigger asthma and allergies, cause lactose



intolerance, and many other disorders.

Genetic traits can affect our health. While some genetic defects cause disease in all cases, most genetic traits just increase our risk of developing a disease. For example, a person may have genes that increase their risk for diabetes. However, not everyone at risk for diabetes actually develops the disease. Furthermore, even people with a high risk of diabetes can lower their risk with the right diet and exercise plan. Other genetic traits only cause illness when they are triggered by a specific environmental feature. For example, lactose intolerance is a genetic condition that causes a person who drinks milk to have digestive issues. A lactose-intolerant person who never drinks milk will not have any symptoms.

Thanks to the latest technologies, it is now possible to test specific genes to determine if you have genetic traits that are linked to various diseases. Based on the results of the analysis, we can develop a prevention program that significantly reduces your personal disease risk and helps you stay healthy.

A healthy lifestyle will decrease your risk of many diseases whether or not you have specific information about your genetic traits. However, we provides you with additional information that may point out other changes to your lifestyle that are not part of standard medical advice. There are many examples, but one of the traits we test for is a gene that increases your body's ability to absorb iron. If you have this trait, you must not take iron supplements as the iron would accumulate and cause a life threatening disease called hemochromatosis.

Experts estimate that every person carries about 2,000 genetic defects, which may affect their health, and, in some cases, cause illnesses. A variety of factors can cause changes in our genes (also called mutations). In a few cases, these mutations can benefit us. However, the vast majority either have no effect or have a negative impact on our health. The best-known cause of mutations, as depicted in the media and Hollywood, is radioactivity. Radioactive rays and particles actually impact the DNA in our cells and physically alter our genes. In the movies, these changes or mutations often lead to the creation of monsters like Godzilla, or characters with supernatural powers, as in X-Men. In reality, they mostly go unnoticed or cause deadly diseases, such as cancer, or congenital abnormality for newborns. Mutations are also caused by substances in burned food. The substances enter the cells and damage our genes, which can lead to colon cancer, among other form of cancer. UV radiation from the sun can also damage our genes and cause diseases such as skin cancer.

External influences can affect individual genes and disrupt their function, but the majority of our defective genes are inherited from our parents. Each embryo receives half of its genes from the father and half of its genes from the mother, resulting in a new human being with some of the characteristics of each parent. Whether a genetic defect is passed on, is determined randomly, and it may be that some of the children carry the defective gene and others do not.

Each person is the unique product of generations of accumulation and combination of different genetic traits. Some of those traits have negative effects on our health. With the latest technology, it is now finally possible to examine one's genes and determine his personal health risks and strengths. In many cases, taking advantage of this knowledge, and following some precautionary measures, the diseases may be prevented. This is the next step in preventive medicine and a new generation of health care.



## BODY WEIGHT GENES

**YOUR NUTRITION TYPE TO LOSE WEIGHT**

**YOUR SPORTS TYPE FOR LOSING WEIGHT**

**YOUR WEIGHT LOSS PROGRAM**

**YOUR SPORTS PROGRAM TO LOSE WEIGHT**

**NUTRITION GENES**

*Nutrition Sensor - Not ordered*

**DETOXIFICATION**

*Nutrition Sensor - Not ordered*

**FOOD INGREDIENTS**

*Nutrition Sensor - Not ordered*

**DIETARY SUPPLEMENT**

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**FOOD LIST**

**ADDITIONAL INFORMATION**



# BODY WEIGHT GENES

An analysis and listing of the genes that affect your body weight.



## EXCESSIVE WEIGHT

# Genes and the success of a weight loss program

**Excessive weight is a growing problem in the industrialized countries, and it is caused by a combination of poor nutrition, physical inactivity, and genetic predisposition.**

Long ago, when our ancestors were hunters and gatherers who needed every bit of a limited food supply, the ability to effectively store excess calories was vital for survival. Today, however, our lifestyle and food supply have changed so much, that these genetic traits now cause problems for many people. We eat too many calories and we don't get enough exercise, and so being overweight has become a common problem in the western world. In addition to an unhealthy lifestyle, our unique genetic makeup may contribute to being overweight. While it used to be commonly accepted, that all calories are equally bad, new science has shown, that different types of calories can have a different effect on the body. Certain genetic types for example absorb too much fat from food and are thus sensitive to the fat content in their diet. Other genetic types are the complete opposite. They tend to become more overweight if they have a high portion of calories in form of carbohydrates while they appear to be resistant to the weight gaining effect of fat in their diet.

Studies have shown, that approximately 60% to 80% of excessive weight is heritable. In other words it is given to us by our parents in the form of genes. So while it might be more difficult for some people to maintain the optimal body weight than it is for others, it is important to avoid becoming overweight, as this is a common risk factor in the development of a number of diseases:

- Hypertension (high blood pressure)
- Diabetes type 2 (adult-onset diabetes)
- Acid reflux
- Heart disease
- Atherosclerosis

- Strokes
- Breast cancer
- Arthritis
- Joint pain
- Degenerative diseases of the spine
- Foot deformities
- Gallbladder disease
- Gout
- Sleep apnea
- Venous thrombosis
- Cognitive impairment
- Dementia
- Alzheimer's disease
- Joint damage, muscle injury, ligament tears, tendonitis, bursitis, bone deformity, spinal curvature, herniated discs, and bone growth disorder in children and adolescents

Some people do not gain weight, even if they lead a permanently unhealthy life style, while others are quickly becoming overweight even with at a moderately unhealthy diet. Some gain weight when following a diet with a high fat content while for others the fat content seems to play no significant role. Some people lose weight very quickly with regular exercise, while others hardly see any results from the same amount of effort. All of these personal differences lie within our genes, which also explains why a person on a low-fat diet has great results and why others lose weight only through more exercise. With the help of modern genetic testing technologies it is now possible to find out your genetic type. The results of the analysis provide clues about what actions need to be taken for losing or maintaining your weight in the categories: fat content in the diet / carbohydrate content in the diet/ form of physical activity / calorie reduction. Based on this information the optimal diet plan can be



put together, which according to scientific studies leads to 2,5 times greater weight loss success. Everyone is different, so it is important to find out personal genetic weaknesses, and to learn how to use genetic strengths to lead a long and healthy life.





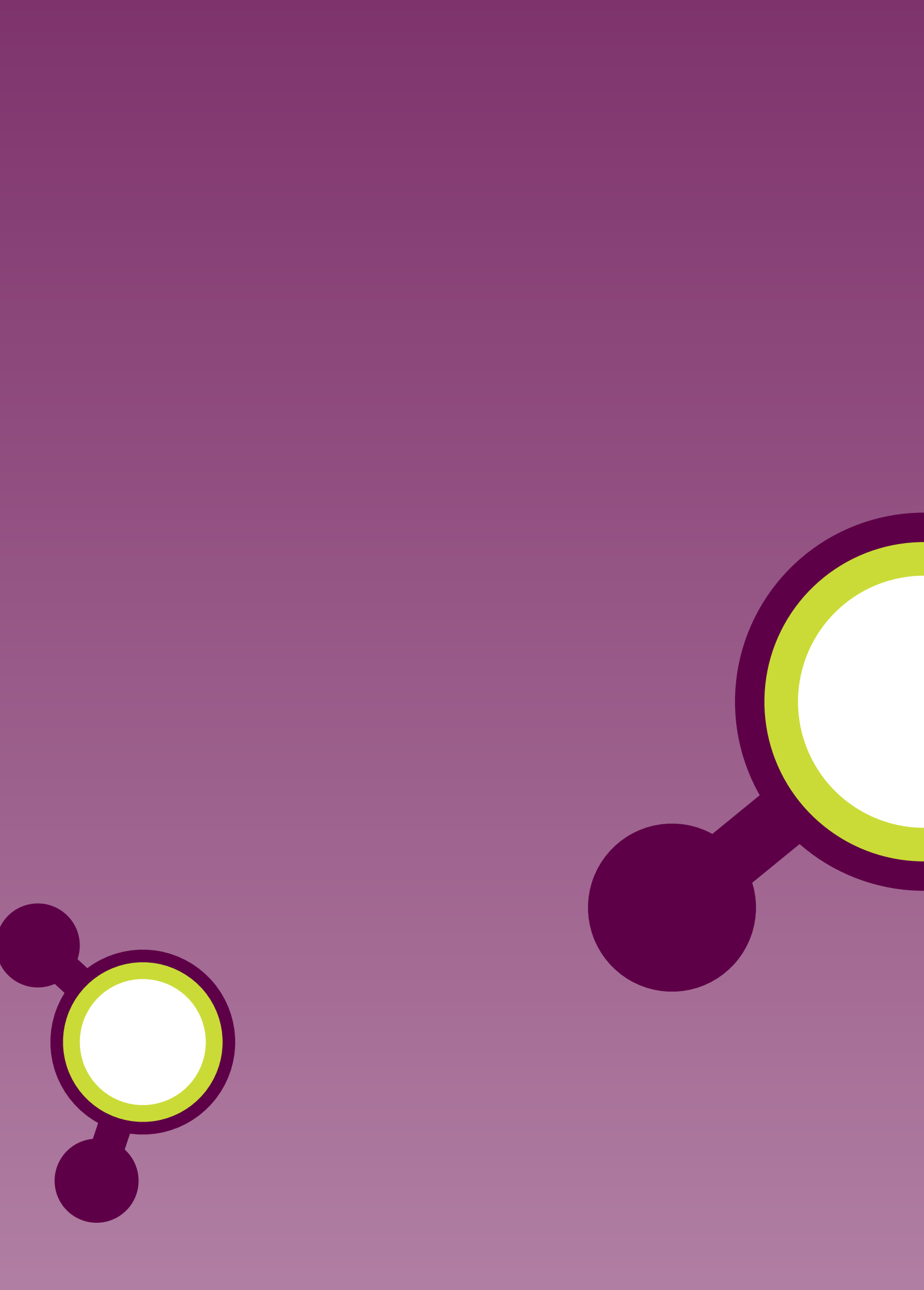
**You have ordered a genetic test, which examines relevant genes for factors that affect your body weight. Here are the conclusions of your genetic analysis:**

Please keep in mind that your physical traits result from complex interactions between many genes. The predisposition to excessive weight is one such factor influenced by these interactions. The results of a genetic test are difficult to interpret, and so our geneticists have prepared a report that explains the overall effect of your genetic profile.

### How strong is your genetic predisposition to excessive weight?



Your genetic predisposition for excessive weight is moderate, so your genes cause some moderate resistance to your weight loss. This genetic predisposition can be effectively addressed by targeted lifestyle changes.





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# YOUR NUTRITION TYPE TO LOSE WEIGHT

How your genes influence which food products cause you to gain weight.



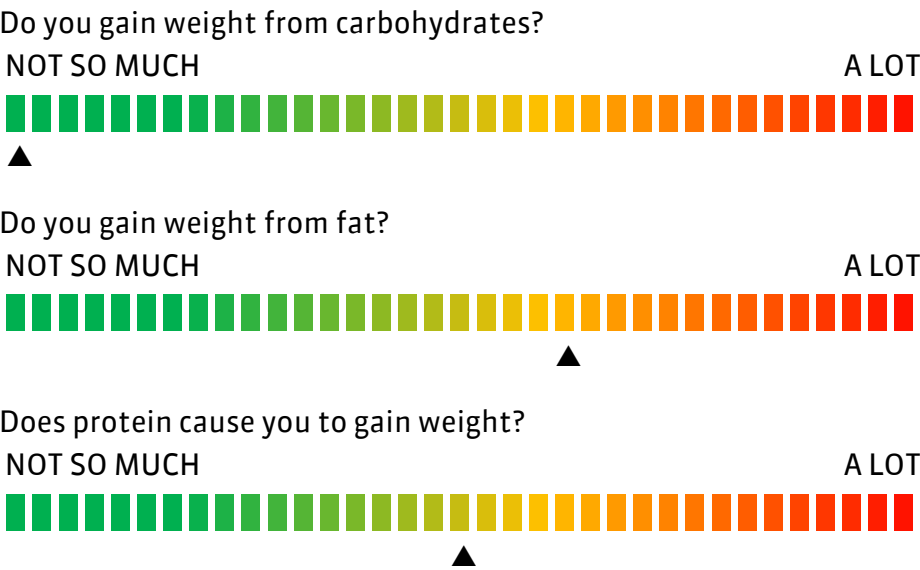


# Carbohydrate or fat burner?

Our ancestors were hunters and gatherers who ate a great deal of fish and meat, so their diet was high in fat and protein. Later, when agriculture developed, most people began to consume a high-carbohydrate diet. Our genes have only partially adapted to this radical change in our food sources. Thus, some people are still genetically programmed to be a "fat burner". Their bodies can process fat and protein, but rapidly become obese when they eat large quantities of carbohydrates. Other people are genetically classified as a "carbohydrate burner". In these cases carbohydrates have little impact on their body weight, but they gain weight quickly if they start a high fat diet. Your analysis led to the following result:

Your Type:

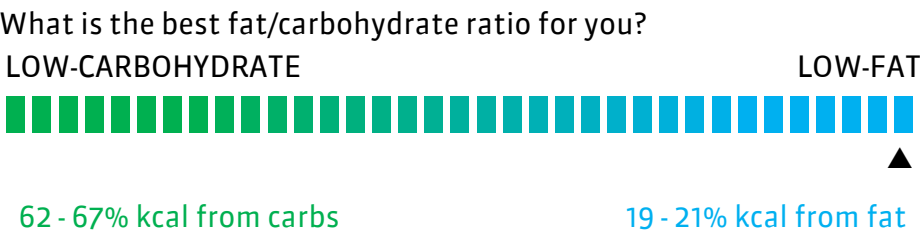
## CARBOHYDRATE BURNER



**Fat:** Reducing fat: You have genetic traits that make you absorb more fat from your food than some other people would. Therefore, reducing fat is a particularly effective way for you to lose weight. In addition, you have a low metabolism, which also encourages the development of excessive body weight. This means that you will gain weight if your diet is high in fat. In particular, you will gain weight by eating large amounts of saturated fat and and trans-fat, and small amounts of unsaturated fat. This means that you need to reduce the amount of fat in your diet, especially saturated fat and trans-fat.

**Carbohydrates:** Carbohydrates have little effect: You have genetic traits that prevent you from gaining weight even when you consume a large proportion of carbohydrates. Your level of carbohydrates will have only a small impact on your weight loss.

**Protein:** Protein is an essential nutrient with which the body can build muscles and other tissues. Protein also contains lots of energy, so a high protein intake can lead to excessive weight. Scientists have not found any evidence that genetic traits affect the body's use of protein, so your diet will include a normal amount of protein.



**Diet:**

Low-fat diet: carbohydrates have a small impact on your weight, but you absorb a lot of fat from your diet. Therefore, you should follow a low-fat diet. Get calories from different nutrients in the following proportions:

Carbohydrates	Protein	Fat
62-67%	14-17%	19-21%

**Additional  
Support:**



NutriMe Weight Management, a genetically personalized supplement can help to further boost your weight loss success during your weight reduction phase or it can help you maintain your optimal body weight more easily. The product consists of 2 genetically dosed components, that can reduce the uptake of calories from fat and/or carbohydrates.





# Behavioral analysis

Genes control our feelings of hunger and satiety. Because of differences in genes, some people feel more hunger than others after going for long periods without food. Genes can also trick us into eating more calories per meal. Your genetic analysis came to the following conclusion:

Your Type:

## STRONG HUNGER TYPE

How intense is your feeling of hunger?



Result:

Persons with your genetic profile tend to be troubled by stronger feelings of hunger than persons with other genes. This quality will unfortunately make the reduction in calories (eating less) more difficult for you. The report will further present instructions on how you can best cope with this.

Your Type:

## WEAK SATIETY TYPE

How intense is your feeling of being full?



Result:

Your feeling of satiety is significantly weaker than that of other genetic types. There is the risk that you will tend to overeat. Pay attention to the maximum daily number of calories and keep the size of your meals under control.

Your Type:

**MODERATE CALORY INTAKE TYPE**

Do you tend to prefer high-calorie food because of your genes?



Result:

People with your genes tend to prefer meals with more fat and calories compared to people with other genes. This genetic trait gives you the tendency to eat more calories per meal. Therefore, keep yourself very strictly to the prescribed maximum daily number of calories.

Your Type:

**FREQUENT SNACK TYPE**

Do you tend to eat extra snacks because of your genes?



Result:

According to studies, people with your genetic profile tend to eat more meals a day than people with other genes. This tendency will tempt you to eat snacks more often than other people.





# Health and the "Yo-Yo Effect"

Studies have shown that some people revert to their original body weight significantly faster than others after a successful diet. This difference is controlled by our genes, and so some people must be more disciplined than others to permanently maintain a healthy weight. In addition, our genes determine the places where fat is deposited on our bodies.

Your Type:

## WEAK YO-YO TYPE

How strong is your "yo-yo effect"?



Result:

You have a weak yo-yo effect, which means that you gain weight again only very slowly after a successful diet if you fall back into old habits. For you, it will be easier to maintain your optimum weight than it is for other people.

Your Type:

## WEAK FAT ORGAN TYPE

Do you deposit excessive fat around your organs?



Result:

Fat deposits on legs, hips and buttocks do not look great, but from a health perspective they are much healthier than fat deposits around your vital organs. Due to your genes, your body does not tend to deposit excessive fat around your organs. Excessive weight is not as negative for your health as it is for people with other genes.



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## YOUR SPORTS TYPE FOR LOSING WEIGHT

How your genes influence which type of exercise you should follow while losing weight.



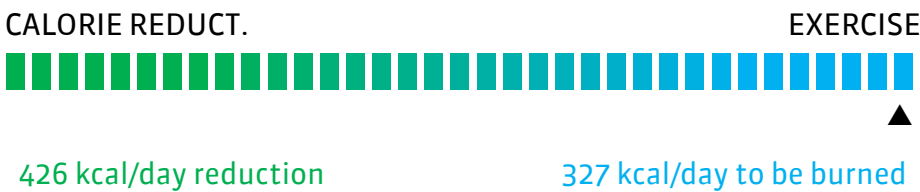
# Muscles, calories and exercise

The body requires a certain amount of energy (calories) per day as fuel for your muscles and organs. When the body does not get enough calories from food, it obtains energy by breaking down its fat reserves, which in turn reduces body weight. Unfortunately, this also breaks down muscles and other tissues in the process, which is less desirable. Some people have genetic traits which enable their bodies to draw on their fat reserves very effectively, so they can lose weight quickly with a low-calorie diet. Other genetic traits make it harder to lose weight by eating less. The analysis of your genes led to the following results:

Your Type:

## EXERCISE TYPE (MAINLY)

What is your most effective strategy for weight loss?



Result:

Because of your genes, your body can rapidly burn energy from your fat reserves during exercise. This means that you will lose weight quickly through exercise. You will benefit from a program of regular and intense exercises. On the other hand, your body can adapt to a reduced-calorie diet without drawing on its fat reserves. Therefore, eating less is not as effective for you as for people with different genes. This means that you will get the best results from an intense workout and a moderate reduction in calories.

Your Type:

## LOW MUSCLE LOSS TYPE

How much muscle mass do you lose when you reduce calories?



Result:

Your genes make your body especially effective at breaking down fat rather than muscle. Therefore, you do not need to take action to guard against muscle loss.

Your Type:

ENDURANCE



Result:

Here you will see your optimum ratio between weight training and endurance sports in order to maintain your muscles while losing weight. As you experience only a small loss of muscle mass with a calorie reduction, it is enough if you compose your sports program mainly of endurance sports. Endurance sports are characterized by the fact that you can exercise them over a longer period of time and without the utilization of maximum force. Examples are jogging, exercise bike or playing football.





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## YOUR WEIGHT LOSS PROGRAM

How you can use this knowledge about genetics to successfully lose weight.



## SETTING GOALS

# Your genetic weight loss program begins here

Now that you know your genetic characteristics, it's time to use them effectively to lose weight. On the following pages, you will learn how to use this knowledge to your advantage.

## Setting goals

**At the time of the analysis, your body weight was:**

62 kg

If your weight has changed in the meantime, it will not reduce this program's effectiveness. Simply continue with the program.

**The calculated ideal body weight for your height is:**

58 kg

**Your target body weight\*:**

58 kg

*\* Sollten Sie im Antragsformular kein Wunschgewicht angegeben haben, wird Ihr ermitteltes Optimalgewicht als Zielgewicht ausgewählt. Das Optimalgewicht wird automatisch basierend auf Ihrer Körpergröße errechnet.*

**This corresponds to a weight change\*\*:**

-4 kg

*\*\* We do not recommend trying to achieve a body weight which is less than the calculated ideal weight for your body size.*



## PHASES

# Understanding the three phases

## Weight loss phase (1)

As long as you are above your target weight, you are in the "weight loss phase" and should follow the instructions for that phase. This stage can be a bit challenging, while your body weight is being reduced rapidly.

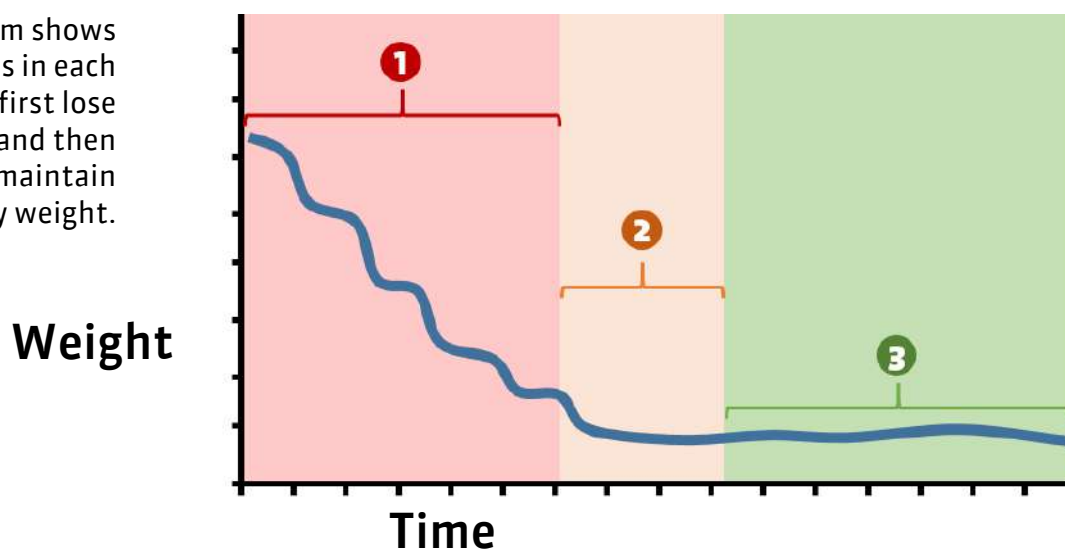
## Adaptation phase (2)

Once you have reached your target weight, you start the adaptation phase, which will take 2 weeks. In this phase, your body will gradually become accustomed to more calories.

## Stability phase (3)

After you have gradually adjusted the number of calories you eat per day, you begin the stability phase. In this phase, you follow a simple exercise program and learn exactly what and how much you can eat. You also learn how you can follow a diet that keeps your weight stable without having to give up food that you like. If you are already at your desired weight and want to find out how to optimize your nutrition, you can immediately start with the stability phase.

This diagram shows what happens in each stage, as you first lose weight and then permanently maintain your new body weight.





## Dieting rules

### Can I cheat?

Everyone sometimes becomes weak and does not completely adhere to the guidelines of the program. If you eat a little more at a dinner party, this is not a problem, but you need to reduce the number of food items the following days or do a little extra exercises to compensate.

### Hunger and overeating

You have genetic traits that cause you to feel an exceptionally strong feeling of hunger. This makes you more likely to be tempted to eat. You need to be aware of this tendency and work hard not to overeat. It is important for you to eat several small meals throughout the day. This keeps your digestive system working constantly through the day and reduces your feeling of hunger.

### Before eating

Start each meal with a large glass of water (500ml/16 oz). This quenches thirst, which makes you feel more hungry. In addition, water fills your stomach. It also increases your body's ability to burn calories: if you drink 2 liters (64 oz) of water a day, your body will burn about 100 kcal extra. Also, if you can, drink a cup of coffee before the meal. Coffee suppresses hunger, makes you feel more full, and reduces the temptation to overeat. If you prefer, you can drink coffee after the meal to suppress the remaining hunger. However, be careful not to exceed the daily limit of 3-5 cups of coffee.

### During a meal

We recommend that you prepare the first dish, eat it, and then prepare the next dish. During the break between eating, the first nutrients reach your intestine and begin to reduce your hunger. This significantly reduces the temptation to overeat. If this is not possible, eat slowly. People who eat slowly become full faster and eat less than people who eat quickly.

### If you are hungry during the day

If you become hungry and do not want to eat, drink a large glass of water (0.5 l/16 oz) and then drink a cup of coffee without sugar. With this approach, your feeling of hunger will most likely be gone after 10 minutes. Grapefruit also has the ability to regulate blood sugar levels, and eating half a fruit can significantly reduce the feeling of hunger. If you do not want to drink coffee in the evening or if you are still hungry after eating, you can eat a low-calorie soup. Clear soup, clear meat broth, clear chicken broth, and bouillon, each have less than 5 kcal per serving and can be eaten anytime without counting the extra calories. You can also always eat food that is classed "any amount - no food item". Stay active. If you are bored or watching TV, you will be tempted to go to the fridge and eat something. If you are playing a game with other people or doing something interesting, you will not realize that you are hungry until the evening.



# NutriMe Weight Management

## How it works:

Your genetic analysis has shown how sensitive you are to fat and carbohydrates. To help you, we offer an optional nutritional supplement. We prepare a custom formula of fat and carbohydrate blockers based on your individual genetic profile.

### Take with your meals, reduce calories!

Depending on your level of fat sensitivity, a portion of the fat in your food can be bound and prevented from absorption into the bloodstream. Depending on your level of carbohydrate sensitivity the absorption of carbohydrates in the intestine can also be reduced. As every person has a different requirement of active ingredients, this product is specifically created for you based on your genetic profile. You receive your product in form of sachets with your name printed on every bag. Take the contents of one bag before a meal with plenty of water.

The active ingredients are manufactured from non-GMO plant fibers and can reduce carbohydrate absorption by up to 66%. They prevent the carbohydrates to be broken down into smaller sugar molecules and so they cannot be absorbed into the bloodstream. The fat binder component is created from plant-based fiber and has the ability to absorb fat in the inside of your intestine like a sponge without allowing the body to absorb it into the bloodstream. Scientific studies have shown, that up to 26.6% of dietary fats can be prevented from absorption in this way.



Please note: In order for us to create the product based on your genetic profile, we first need your genetic testing results of the relevant genes. In case we have not destroyed your DNA sample by the time you order and we do not have the required genetic results for the supplement, we may choose to analyze the relevant genes at our own cost to fulfill your order. By ordering, you give us the permission to do so.

# NutriMe Weight Management

Your genetically personalized  
support for losing weight

Take NutriMe Weight Management just shortly before meals. The product can then help the intestine to prevent the problematic calories (fats and / or carbohydrates) to be absorbed.



**Order now:**

**from €1.23 per meal**

€ 52 for 2 weeks

€ 72 for 4 weeks

€ 141 for 8 weeks

€ 208 for 12 weeks

**... through your advisor:**

office@dnaplus.de

Tel: +43 (0) 662 425 099 22

Fax: +43 (0) 662 425 099 -44

**...online at:**

**[www.DNAnutriControl.com/de/Shop-Page](http://www.DNAnutriControl.com/de/Shop-Page)**

**Your recipe code:**

**DEMO\_FS**





# LOSING WEIGHT WITH THE HELP OF THE FOOD LIST

How you can use the food list to successfully lose weight.



## WEIGHT ICONS

# Losing weight with the help of the weight icons

The food list includes more than 900 different food types that were evaluated according to your genes and which should help to achieve your goals.



### Green weight icons

Green weight icons indicate, that this type of food has the optimal balance between carbohydrates, fat and protein. The more green icons a type of food has, the better its macronutrient balance is for you. Try to plan your meals using mostly positively rated types of food with five or six green weight icons. Generally try to vary your diet and do not eat many of the same or similar types of food at once.



### Red weight icons

Red weight icons indicate, that this type of food does not have a suitable balance between carbohydrates, fat and protein for you. The worse the balance of macronutrient is, the more red icons this type of food is rated with. Eat food in the red category only occasionally and try not to eat more than one negatively rated food type per day. Try to prefer food types with few icons over food types with many red weight icons.



### Warning - Order form information

If you have informed us of any allergies or intolerances that you suffer from or you just want to avoid some kind of food, you may find a warning symbol in this section of the table. This means that this type of food may contain substances that can cause allergic reactions or symptoms of a food intolerance. This warning is solely based on the information you provided in the order form and no genes are tested for this section. PLEASE NOTE! This warning is a guideline to help you plan your diet and is in no way a complete and accurate list of ingredients. Always check the components of each food item you eat if you suffer from a known food allergy.



# Weight Sensor Recipe Book

## What it contains:

In case you find the creation of your own nutrition plans too time-consuming, you have the option of the genetically personalized recipe book. This book contains more than 30 genetically personalized daily menus and snacks and more than 90 personalized recipes with ingredient amounts specifically tailored to your needs.

The genetically personalized recipe book can only be ordered in addition to the genetic weight analysis, as we require the analysis results and your genetic metabolic profile to create the personalized recipes. If this information is available, the recipe book will help you to either lose weight effectively or maintain your body weight easily.

### Contains:

- More than 30 personalized daily menus
- More than 35 snacks
- More than 900 genetically personalized recipes

Please note: In order for us to create the recipe book based on your genetic profile, we first need your genetic testing results of the relevant genes. In case we have not destroyed your DNA sample by the time you order and we do not have the required genetic results for the supplement, we may choose to analyze the relevant genes at our own cost to fulfill your order. By ordering, you give us the permission to do so.

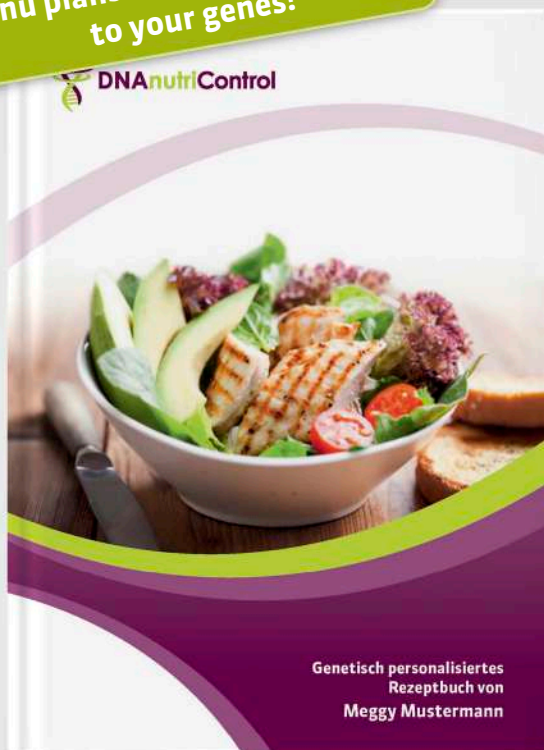


# Weight Sensor Recipe Book

Menu plans and recipes tailored to your genes!

The weight sensor enables easy weight loss with absolute flexibility without making you adhere to a nutrition plan filled with food that you don't like. Whether you want to lose weight or simply maintain it without much effort, the recipe book makes it easy.

Menu plans and recipes adapted  
to your genes!



**Order now:**

**for €21.60 excluding printing  
costs**

**... through your advisor:**

office@dnaplus.de

Tel: +43 (0) 662 425 099 22

Fax: +43 (0) 662 425 099 -44

**...online at:**

**[www.DNAnutriControl.com/de/Shop-Page](http://www.DNAnutriControl.com/de/Shop-Page)**

**Your recipe code:**

**DEMO\_FS**





# LOSING WEIGHT WITH THE HELP OF THE MENU PORTAL

How you can use the menu portal to successfully lose weight.



# The Menu Portal

## What it contains:

The Menu Portal takes your genetic data and does all the complex calculations for you. You can easily plan your ideal diet for an entire week just with a few clicks. The software filters out foods you should avoid and tells you how much of various foods you can eat so you stay within your target number of calories.

### Plan your meals according to your genes!

The program filters out foods that are not appropriate for your genetic profile and suggests a proper nutrition plan for you. If you don't like something from the suggested list, you can replace it with something else with just a few clicks.

Want to cook something special? No problem! Choose from our list of recipes and include them in your nutrition plan. The ingredients are individually tailored to your genes to achieve the calorie distribution that is perfect for you.

### This is how you can register free of charge:

#### Step 1) Visit Website

Visit: <http://www.dnanutricontrol.com/en/eur/DNAnutriControl-Portal>

#### Step 2) Create new account

In the section: Enter Details, enter a suitable username and password

#### Step 3) Enter details

Follow this table to enter the relevant details:

Email:	Your email address if available
Date of birth:	01/01/1985
Height:	162
Current weight:	62 (if still current)
Target weight:	your desired weight
Meals per day	5
% kcal from carbs	65
% kcal from fat:	20
% kcal from protein:	15
Burn kcal through exercise:	327
Reduce kcal in diet:	426

# The Menu Portal

Menu plans and recipes tailored to your genes!

The menu portal is the easiest way to plan the right diet for your genes. However, you can also use the paper version from the next page.

**FREE OF CHARGE!**



**Go to:**

<http://www.dnanutricontrol.com/en/eur/DNANutriControl-Portal>

## **Contains:**

- List of 800 food types
- Automatic shopping list
- Many recipes tailored to your genetic profile
- Plan your exercise program
- Quickly record your weight loss



# LOSING WEIGHT WITH THE HELP OF THE FOOD ITEM SYSTEM

How you can use the food item system in the food list to successfully lose weight.



# Planning your diet

To plan your diet, we need to calculate some numbers for you:

## Step 1) How many calories per day?

Based on your genes you should not exceed the following number of calories per day

Your daily requirement  
for a stable body  
weight

1739 kcal

-

Calorie reduction  
based on your genes

426 kcal

=

Your daily calories  
during phase 1

1313 kcal

## Step 2) How should the calories be distributed?

Your genetic analysis shows that you gain weight rapidly by eating fat, but slowly by eating carbohydrates. Therefore, you should distribute your calories intake in the following way to optimize weight loss:

Calorie type	Optimal distribution	Maximum per day	per food item
Carbohydrates	62 - 67%	approx. 199 - 225 g	14.6 g
Fat	19 - 21%	approx. 23 - 36 g	2 g
Protein	14 - 17%	approx. 41 - 61 g	3.35 g
kcal	-	approx. 1243 - 1383 kcal	90 kcal

### Step 3) How do you follow these guidelines?

In order to easily monitor your diet, we have developed a simple system for you. Your daily meals are divided into several food items that are allowed per day. An item is a type of food that you eat during a meal. For example, eating cereal, fruits and a glass of milk for breakfast are 3 items. How much of the food you can eat per item depends on your genes and it is calculated in the food table. Depending on your genes, the distribution of the items throughout the day is defined in relation to the intensity of your feelings of hunger and satiety. People who do not feel very hungry should eat three meals a day. People who get hungry quickly should have five smaller meals. You find the number of recommended meals as well as the number of items per meal in the following table:

Phase	Food items per day
Weight loss phase	15
Adaptation phase week 1	17
Adaptation phase week 2	19
Stability phase	20
Recommended meals per day:	5

### Step 4) Picking items and planning your menu

To make the system work better, you must maintain a healthy, balanced diet. Your diet should include enough fish, vegetables, fruit and fiber every day. Follow the table below to create your balanced menu plan:

Select items from these categories:	per day
Bread or cereal	at least 2 Item(s)
Baked goods, pasta or sweets	at least 1-2 Item(s)
Fruit	at least 2 Item(s)
Vegetables, potato products and spices	at least 1-2 Item(s)
Animal or vegetable menu components or legumes	at least 1-2 Item(s)
Dairy products, fish or meat	at least 2-3 Item(s)
Beverages	at least 1 Item(s)
Oils and fats	at least 1 Item(s)

### Step 5) Example menu

An example for a breakfast with 5 selected food items is presented here. Simply take the quantity of the item from the food table booklet and enter it in your nutrition plan. The whole grain bread (food item 3) in this example uses 2 food items because the meal includes 2 times the amount allowed for 1 food item.

Breakfast	Item(s) A	Item(s) B	Item(s) C	Item(s) D
Item(s)	Orange juice	Fresh apple	Whole-grain bread x2	Cottage cheese
Quantity (g)	260ml	230 g	56 g x 2 = 112 g	68 g

### Step 6) How does the food item system work?

The food items are the result of a sophisticated system that uses your ideal distribution of calorie sources, your daily allowed calories and the desired amount of fat, carbohydrates, and protein, to calculate the ideal quantity of each food item for you. The system calculates the right amount of each item for you personally, based on your genetic profile.

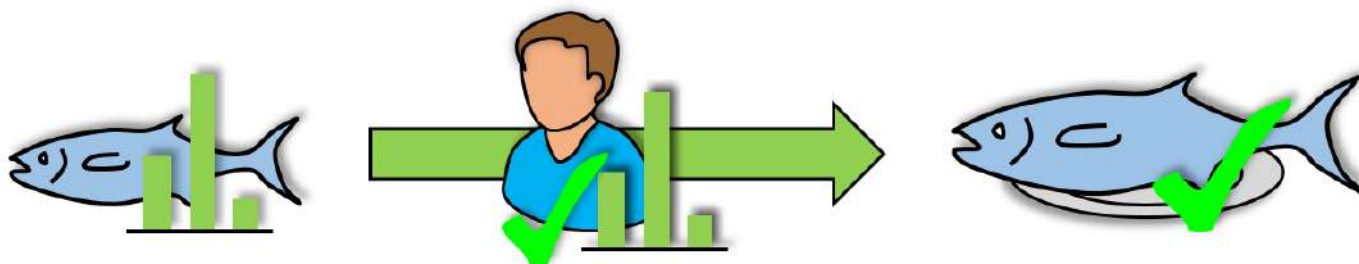
#### If an item includes calories that are unfavorable for your genes

If a food item includes calories that are unfavorable for your genes, the system will reduce the amount you eat until it no longer has a significant effect on your overall daily diet. So while this item is unsuitable for your genes, you can still eat the small amount recommended by the system.

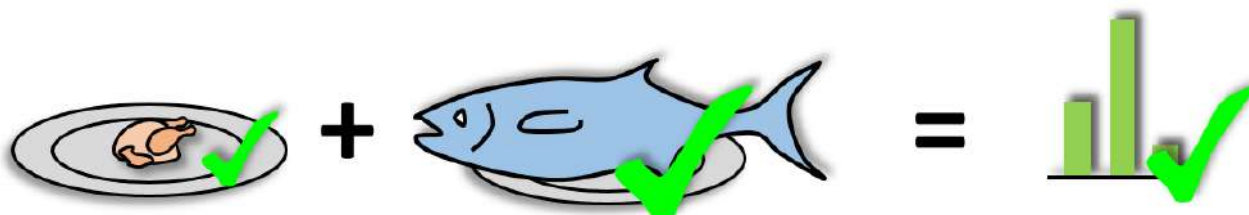


#### If an item includes calories that are optimal for your genes

On the other hand, if a food item includes calories that are optimal for your genes, the system increases the amount of that item so that you eat a larger amount of it. When you eat large amounts of foods that work for you, and only small amounts of foods that work against you, your diet will be properly balanced.



The food items in your diet will give you the right distribution of calories.







MAINTAIN WEIGHT

# Instructions to maintaining weight

Once you have reached your desired body weight, go to the adjustment phase which will take 2 more weeks. In this phase your body will gradually become accustomed to more calories.

The plan is to move to a simpler, sustainable exercise plan, and to increase the number of food items per week.

During the weight loss phase you have ingested fewer calories than you have used up, and so you have lost weight. To prevent the Yo-Yo effect, we must now slowly increase your daily calories. Therefore, you should adjust the number of items based on this table and create your new nutrition plan. You can expand your existing diet plan or create a new one with a new list.

## Number of food items for the next phases:

Phase	Food items per day
Adaptation phase week 1	17
Adaptation phase week 2	19
Stability phase	20

If you follow these instructions, you will permanently maintain your body weight without much effort. If you eat a little extra sometimes, just burn the extra calories through some exercise. To monitor your weight long term, record your weight on the first day of each month. If you have gained weight without meaning to, reduce your food items per day by 1. If you have lost weight without meaning to, add a daily food item. In this way, you can maintain the optimal calorie intake for your body and keep your body weight constant long term.



# LOSING WEIGHT WITH THE HELP OF THE DAILY MENUS

How you can use the daily menus to successfully lose weight.



MENU SUGGESTIONS

# Menus suggestions based on your genetic profile

This section of the report contains menu suggestions based on your genetic profile. You can simply follow these daily menu suggestions and easily lose weight or maintain your current weight. The optimal caloric distribution for you was already considered. Simply choose one of these menus and stick to the quantities in the respective column (lose weight, adaptation phase or maintain weight).

Please Note!

The following menu suggestions are calculated especially for losing weight according to your genes. As the correct ratio is established by the combination of food products, the amounts are different from the amounts in the food list. The evaluation of the food products according to the genes (genetically healthy or unhealthy) is not considered here.

Menu plan: Meat, traditional					
Meal	Item	Weight loss	Adaptation week 1	Adaptation week 2	Weight maintain
Breakfast	Muffins with blueberries	129 g	150 g	168 g	177 g
	Banana	286 g	334 g	373 g	393 g
	Coffee (beverage)	1 cup	1 cup	1 cup	1 cup
	Water and mineral water	200 ml	200 ml	200 ml	200 ml
Lunch	Swabian ravioli	143 g	167 g	187 g	196 g
	Clear broth	72 g	83 g	93 g	98 g
	Wholemeal bread	129 g	150 g	168 g	177 g
	Butter	4 g	5 g	6 g	6 g
	Water and mineral water	500 ml	500 ml	500 ml	500 ml
Dinner	Beef goulash	32 g	38 g	42 g	44 g
	Green beans	322 g	376 g	420 g	442 g
	Kale	50 g	58 g	65 g	69 g
	Water and mineral water	500 ml	500 ml	500 ml	500 ml

## Menu plan: Traditional

Meal	Item	Weight loss	Adaptation week 1	Adaptation week 2	Weight maintain
<b>Breakfast</b>	White bread - Toast bread	106 g	123 g	137 g	145 g
	Confiture	51 g	60 g	67 g	70 g
	Tea (beverage)	1 cup	1 cup	1 cup	1 cup
	Water and mineral water	200ml	200ml	200ml	200ml
<b>Lunch</b>	Crayfish	42 g	49 g	55 g	58 g
	Lime	117 g	136 g	152 g	160 g
	Arugula	65 g	76 g	85 g	90 g
	Romaine lettuce	28 g	33 g	36 g	38 g
	Mayonnaise 80% fat	11 g	12 g	14 g	14 g
	Cappuccino (beverage)	1 cup	1 cup	1 cup	1 cup
	Mango	187 g	218 g	243 g	256 g
	Water and mineral water	500ml	500ml	500ml	500ml
<b>Dinner</b>	Fish cakes	75 g	87 g	97 g	102 g
	Vegetable mix	65 g	76 g	85 g	90 g
	Fruit tart with berries	112 g	131 g	146 g	154 g
	Tea (beverage)	1 cup	1 cup	1 cup	1 cup
	Water and mineral water	500ml	500ml	500ml	500ml

## Menu plan: Seafood

Meal	Item	Weight loss	Adaptation week 1	Adaptation week 2	Weight maintain
<b>Breakfast</b>	Yogurt preamble, 10% fat	88 g	103 g	115 g	121 g
	Blackberry	155 g	180 g	201 g	212 g
	Pumpkin seeds	8 g	9 g	10 g	11 g
	Water and mineral water	500ml	500ml	500ml	500ml
<b>Lunch</b>	Herring cooked in tomato sauce	99 g	116 g	129 g	136 g
	whole grain toast	66 g	77 g	86 g	91 g
	Butter	7 g	8 g	9 g	9 g
	Peach	149 g	174 g	194 g	204 g
	Water and mineral water	500ml	500ml	500ml	500ml
<b>Dinner</b>	Spaghetti (with eggs) (gross weight)	144 g	167 g	187 g	197 g
	Mussel	44 g	51 g	58 g	61 g
	White wine sauce	66ml	77ml	86ml	91ml
	Salads	144 g	167 g	187 g	197 g
	Sweet chilli	6 g	6 g	7 g	8 g
	Garlic	7 g	8 g	9 g	9 g
	Dry white wine	1 glas	1 glas	1 glas	1 glas
	Water and mineral water	500ml	500ml	500ml	500ml

## Menu plan: Vegetarian

Meal	Item	Weight loss	Adaptation week 1	Adaptation week 2	Weight maintain
Breakfast	Brown bread - Wheat-rye bread	157 g	183 g	204 g	215 g
	Emmental	6 g	7 g	8 g	8 g
	Butter	3 g	4 g	4 g	4 g
	Nectarine	202 g	236 g	263 g	277 g
	Water and mineral water	200 ml	200 ml	200 ml	200 ml
Lunch	Vegetarian ravioli	91 g	106 g	119 g	125 g
	Cabbage lettuce	121 g	141 g	158 g	166 g
	Romaine lettuce	121 g	141 g	158 g	166 g
	Radicchio	51 g	59 g	66 g	69 g
	Parmesan	7 g	8 g	9 g	10 g
	Cappuccino (beverage)	1 cup	1 cup	1 cup	1 cup
	Water and mineral water	500 ml	500 ml	500 ml	500 ml
Dinner	Mushroom pizza	253 g	295 g	329 g	347 g
	Arugula	71 g	83 g	92 g	97 g
	Water and mineral water	500 ml	500 ml	500 ml	500 ml

## Menu plan: Italian

Meal	Item	Weight loss	Adaptation week 1	Adaptation week 2	Weight maintain
Breakfast	Bun with poppy seeds	120 g	140 g	157 g	165 g
	Butter	5 g	6 g	7 g	7 g
	Salami	8 g	9 g	10 g	11 g
	Multi-fruit nectar	1 glas	1 glas	1 glas	1 glas
	Water and mineral water	200 ml	200 ml	200 ml	200 ml
Lunch	Parmesan	18 g	21 g	23 g	25 g
	Roast chicken, skinless	100 g	117 g	130 g	137 g
	Cream dressing	20 g	23 g	26 g	27 g
	Cabbage lettuce	50 g	58 g	65 g	69 g
	Romaine lettuce	20 g	23 g	26 g	27 g
	Tomatoes	80 g	93 g	104 g	110 g
	Water and mineral water	500 ml	500 ml	500 ml	500 ml
Dinner	Wheat pasta with spinach, egg-free	110 g	128 g	143 g	151 g
	Tomato sauce with tomato paste	60 g	70 g	78 g	82 g
	Cabbage lettuce	50 g	58 g	65 g	69 g
	Romaine lettuce	20 g	23 g	26 g	27 g
	Radicchio	50 g	58 g	65 g	69 g
	Coffee (beverage)	1 cup	1 cup	1 cup	1 cup
	Water and mineral water	500 ml	500 ml	500 ml	500 ml

Menu plan: Spanish

Meal	Item	Weight loss	Adaptation week 1	Adaptation week 2	Weight maintain
Breakfast	Omelet	29 g	33 g	37 g	39 g
	Ham roll	6 g	8 g	8 g	9 g
	Orange	431 g	502 g	561 g	591 g
	Tea (beverage)	1 cup	1 cup	1 cup	1 cup
	Water and mineral water	200 ml	200 ml	200 ml	200 ml
Lunch	Shrimp	29 g	33 g	37 g	39 g
	Sweet chilli	6 g	7 g	7 g	8 g
	Garlic	6 g	7 g	7 g	8 g
	Butter	4 g	5 g	6 g	6 g
	Baguette	86 g	100 g	112 g	118 g
	Coconut biscuits	144 g	167 g	187 g	197 g
	Cappuccino (beverage)	1 cup	1 cup	1 cup	1 cup
	Water and mineral water	500 ml	500 ml	500 ml	500 ml
Dinner	Breaded a. fried calamari	57 g	67 g	75 g	79 g
	Mayonnaise 80% fat	5 g	6 g	7 g	7 g
	Lemon	72 g	84 g	94 g	98 g
	Arugula	36 g	42 g	47 g	49 g
	Water and mineral water	500 ml	500 ml	500 ml	500 ml

Menu plan: French

Meal	Item	Weight loss	Adaptation week 1	Adaptation week 2	Weight maintain
Breakfast	Corn flakes	74 g	86 g	96 g	101 g
	Milk	123 g	143 g	160 g	169 g
	Berries	346 g	404 g	451 g	475 g
	Multi-fruit juice	1 glas	1 glas	1 glas	1 glas
	Water and mineral water	200 ml	200 ml	200 ml	200 ml
Lunch	Broccoli cream soup	129 g	151 g	168 g	177 g
	Whole wheat bread w. sunflower seeds	139 g	161 g	180 g	190 g
	Butter	9 g	11 g	12 g	13 g
	Water and mineral water	500 ml	500 ml	500 ml	500 ml
Dinner	Cordon bleu of calf	65 g	75 g	84 g	89 g
	Asparagus	41 g	48 g	53 g	56 g
	Green peas	123 g	143 g	160 g	169 g
	Camembert	25 g	29 g	32 g	34 g
	Crisp bread	25 g	29 g	32 g	34 g
	Coffee (beverage)	1 cup	1 cup	1 cup	1 cup
	Water and mineral water	500 ml	500 ml	500 ml	500 ml

Menu plan: Oriental

Meal	Item	Weight loss	Adaptation week 1	Adaptation week 2	Weight maintain
Breakfast	Omelet	54 g	63 g	71 g	75 g
	Mushrooms	22 g	25 g	28 g	30 g
	Whole wheat bread	19 g	22 g	24 g	25 g
	Papaya	408 g	476 g	532 g	560 g
	Tea (beverage)	1 cup	1 cup	1 cup	1 cup
	Water and mineral water	200 ml	200 ml	200 ml	200 ml
Lunch	Chinese style vegetable mix	87 g	102 g	113 g	119 g
	Tofu	76 g	89 g	99 g	105 g
	Soy sauce	5 g	6 g	7 g	7 g
	Vinegar	11 g	13 g	14 g	15 g
	Sesame seeds	8 g	9 g	10 g	10 g
	Lemonade	1 glas	1 glas	1 glas	1 glas
	Water and mineral water	500 ml	500 ml	500 ml	500 ml
Dinner	Fillet of beef (sirloin)	46 g	53 g	60 g	63 g
	Shiitake mushrooms	109 g	127 g	142 g	149 g
	Oyster mushrooms	38 g	44 g	50 g	52 g
	Soup noodles (with eggs) (gross weight)	152 g	178 g	199 g	209 g
	Shortening (vegetable fat)	8 g	9 g	10 g	10 g
	Tea (beverage)	1 cup	1 cup	1 cup	1 cup
	Water and mineral water	500 ml	500 ml	500 ml	500 ml

Want a snack in between the main meals?

In case you are hungry between the main meals or your program recommends more than 3 meals per day, you can chose from a list of potential types of food at the end of the daily menu section.

Please note: The daily menus were created to ensure the right calorie balance throughout your daily nutrition. To this end, food items which are actually rated with red weight icons have been included in these daily meals. Since all food items have been carefully selected as a group, it is ok for you to also eat food types rated with a red weight icon in this exact combination. The daily menus also only consider the right calorie balance for you (Weight Program). They do not consider whether these food items are particularly healthy or unhealthy based on your genes (Nutrition Program).



## Snacks, that can be eaten any time



### Clear soup with mushrooms

835 ml vegetable stock  
250 g mushrooms  
85 g radish sprouts  
iodized salt  
pepper  
Soy sauce  
Thyme

Cut the mushrooms into slices. Heat the soup and add the mushrooms. Season the soup with salt, pepper, soy sauce and thyme. Serve on a plate sprinkled with radish sprouts.



### Tomato soup with herbs

165 ml vegetable stock  
5 Tomatoes  
1.5 tsp Balsamic bianco vinegar  
iodized salt  
pepper  
Basil

Cut the tomatoes into small pieces. Heat the soup and add the tomato pieces. Let it boil for three minutes and then press the mixture through a sieve. Season the soup with salt, pepper, basil and balsamic vinegar. Serve the soup in a bowl sprinkled with sprouts.



### Simple vegetable plate

100 g fresh frozen asparagus  
100 g celery  
100 g pumpkin  
50 g paprika  
100 g zucchini  
iodized salt  
pepper  
Thyme

Wash, peel and cut the vegetables into slices. Boil the celery, pumpkin and asparagus in boiling water for about 8 to 10 minutes. Add the celery and paprika and boil another three minutes. Take the vegetables out of the water and season with lemon, thyme, salt and pepper.



### Shirataki noodles with tomato sauce

310 g shirataki noodles  
35 g mushrooms  
0.5 can(s) diced tomatoes  
Lemons  
iodized salt  
pepper  
Basil

Add the diced tomatoes and mushrooms to a frying pan and heat up for 5 minutes. Season with lemon, salt, pepper and basil. Take the noodles out of the packaging and boiling water for about 1 to 3 minutes. Separate the noodles from the boiling water using a sieve, mix with the sauce and serve on a plate.

Snacks, that can be eaten any time



Summer salad with flower heads

215 mixed salad leaves  
140 g cucumbers  
55 g eddible flower heads  
1.5 tbsp white wine vinegar  
1.5 tbsp raspberry vinegar  
1.5 tsp olive oil  
iodized salt  
pepper

Tear the washed salad into mouth sized pieces. Cut the cucumber into small pieces. Mix the salad and cucumber in a salad bowl with vinegar and oil. Add some salt and pepper for seasoning and sprinkle with the flower heads before serving.



Acerola

Acerola

In any amount



Apricot

Apricot

In any amount



Aubergine

Aubergine

In any amount  
We recommend steam cooking



Oyster raw

Oyster raw

In any amount

Snacks, that can be eaten any time



Cauliflower

Cauliflower

In any amount  
We recommend steam cooking



Broccoli

Broccoli

In any amount  
We recommend steam cooking



Clementine

Clementine

In any amount



Fish stock

Fish stock

In any amount



Crayfish cooked

Crayfish cooked

In any amount

Snacks, that can be eaten any time



**Green peppers**  
Green peppers  
In any amount



**Gherkin, dripped down**  
Gherkin, dripped down  
In any amount



**Green salad without dressing**  
Green salad without dressing  
In any amount



**Cucumber**  
Cucumber  
In any amount



**Coffee with Milk (drink)**  
Coffee with milk (unsweetened)  
In any amount



Snacks, that can be eaten any time



**Kiwi**  
Kiwi  
In any amount



**Mandarin**  
Mandarin  
In any amount



**Morel mushrooms**  
Morel mushrooms  
In any amount



**Plum**  
Plum  
In any amount



**Radish**  
Radish  
In any amount

## Snacks, that can be eaten any time



### Radish

Radish

In any amount



### Rhubarb compote with sweetener

Rhubarb compote with  
sweetener

In any amount



### Red cabbage

Red cabbage

In any amount



### Asparagus

Asparagus

In any amount  
We recommend steam cooking



### Soups clear

Soups clear

In any amount

## Snacks, that can be eaten any time



## Tea (beverage)

Tea (beverage)

In any amount



## Tomatoes

## Tomatoes

In any amount



## Water and mineral water

## Water and mineral water

In any amount



## White cabbage

White cabbage

In any amount

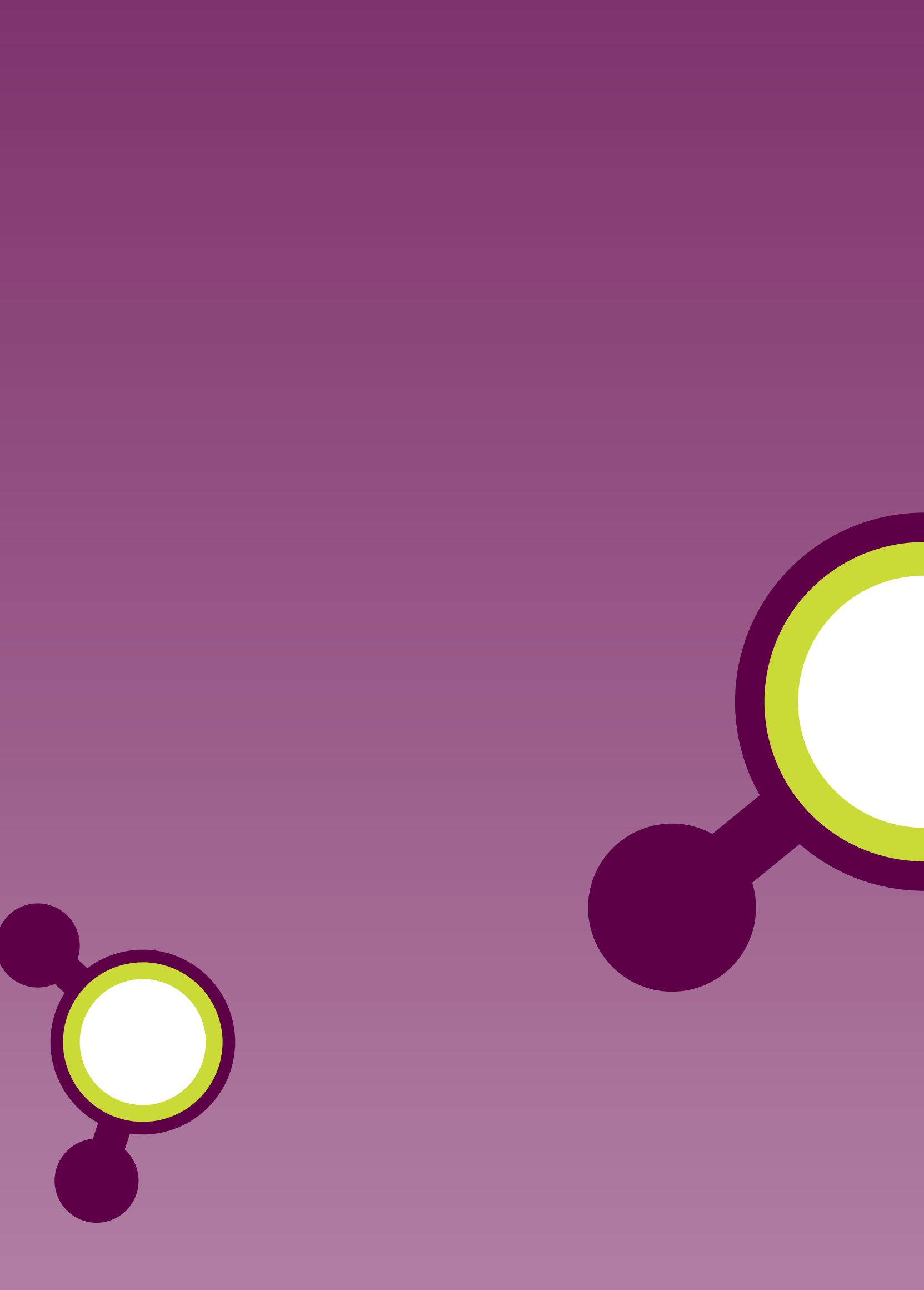


## Zucchini

## Zucchini

In any amount







**BODY WEIGHT GENES**

**YOUR NUTRITION TYPE TO LOSE WEIGHT**

**YOUR SPORTS TYPE FOR LOSING WEIGHT**

**YOUR WEIGHT LOSS PROGRAM**

**YOUR SPORTS PROGRAM TO LOSE WEIGHT**

**NUTRITION GENES**

*Nutrition Sensor - Not ordered*

**DETOXIFICATION**

*Nutrition Sensor - Not ordered*

**FOOD INGREDIENTS**

*Nutrition Sensor - Not ordered*

**DIETARY SUPPLEMENT**

*Nutrition Sensor - Not ordered*

**FOOD LIST**

**ADDITIONAL INFORMATION**



# YOUR SPORTS PROGRAM TO LOSE WEIGHT

Plan your personalized exercise program to lose weight effectively.



## EXERCISE

### Exercise

The goal of aerobic exercise is to raise your heart rate to a constant level for an extended period of time. If you eat just before the exercise, your body will take some of the energy from the food, and you will lose less weight. Therefore, you should not eat the last 2 hours before exercise, to increase your weight loss.

Decide yourself, how many training sessions you want to do per week. The following table shows you how many calories you should burn per week. The more often you exercise, the fewer calories you have to burn per session:

Training sessions per week	Kalory burn rate per session
7	327 kcal
6	654 kcal
5	981 kcal
4	1308 kcal
3	1635 kcal
2	1962 kcal
1	2289 kcal




As an alternative to these exercise tables, you can also use your smart phone to track the calories you have used up. The following apps can help you in tracking your exercising calorie expenditure:

- FitnessBuilder
- Freeletics
- Google Fit
- Nike+ Training Club
- Strava
- Sworkit
- Runkeeper
- Runtastic

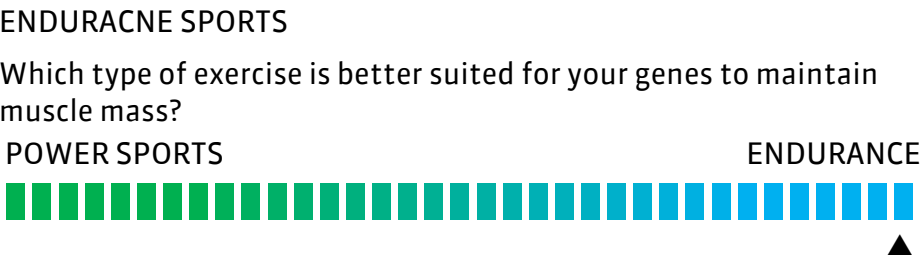
Instructions

First decide how many times a week you want to do aerobic exercise. The fewer times you exercise, the longer you will need per workout to burn the necessary calories. After you have decided how often you want to train each week, you should choose your favorite workouts according to the following table. Under the column "4 X", for example, you can see the amount of time you will need to spend on each activity if you want to train four times a week. Of course, you can mix different kinds of exercises. If you train four times per week, you can decide to play soccer twice a week, and do rock climbing twice a week. The time you need to spend on each activity is shown in the table.

When choosing your exercise, you should also consider your genetic programming. The optimal balance between power and endurance sports will help you maintain your muscle mass even while you lose weight. To help you choose the right exercises, you will find symbols indicating if it is classed as a power or an endurance exercise:

	= Endurance sport
	= Power sports
	= Endurance and Power

Your Type:



Join a gym with friends

It is possible to lose weight with motivation and a good plan, but studies have shown that weight loss plans are much more successful with professional help. We encourage you to sign up at a gym, so that a personal trainer can help you. A trainer can counsel you about the appropriate exercise and motivate you over the long term. Many people also find that it is easier to do exercise if going to a gym is part of their routine. Use the following table to determine the number and length of your weekly exercise sessions. You can also combine outdoor sports with your gym visits.

# Create a training program

If you have defined your favorite sports and the length and number of sessions, you can create a detailed training plan. Enter the sport and the length in the table provided and ensure that you complete the required number of sessions per week.

## Example of a training plan with 3 sessions per week

	1 X	2 X	3 X	4 X	5 X	6 X	7 X
156 Average kcal/day							
Sport type 1	111	56	37	28	22	19	16
Sport type 2	121	61	40	30	24	20	17
Sport type 3	155	78	52	39	31	26	22
Sport type 4	155	78	52	39	31	26	22
Sport type 5	134	67	45	34	27	22	19
Sport type 6	88	44	29	22	18	15	13
Sport type 7	63	32	21	16	13	11	9
Sport type 8	158	79	53	39	32	26	23
Sport type 9	111	56	37	28	22	19	16

Monday

Sport type 2

at least 40 min

Wednesday

Sport type 9

at least 37 min

Thursday

Sport type 5

at least 45 min

Friday

Saturday

Sunday

## Sport activities

		Training sessions per week in minutes						
327 Average kcal/day		1 X	2 X	3 X	4 X	5 X	6 X	7 X
●	Aerobics (380 kcal/h)	361	181	120	90	72	60	52
●	Badminton (360 kcal/h)	382	191	127	95	76	64	55
● ■	Basketball (450 kcal/h)	305	153	102	76	61	51	44
● ■	Mountain climbing (436 kcal/h)	315	158	105	79	63	53	45
● ■	Boxing practice (bag) (422 kcal/h)	325	163	108	81	65	54	46
●	Ice skating (9 mph) (384 kcal/h)	358	179	119	89	72	60	51
●	Cycling (9 mph) (360 kcal/h)	382	191	127	95	76	64	55
●	Cycling (15 mph) (612 kcal/h)	224	112	75	56	45	37	32
● ■	Football (soccer) (498 kcal/h)	276	138	92	69	55	46	39
■	Machine workout (422 kcal/h)	325	163	108	81	65	54	46
● ■	Gymnastics (324 kcal/h)	424	212	141	106	85	71	61
● ■	Handball (640 kcal/h)	215	107	72	54	43	36	31
● ■	Hockey (563 kcal/h)	244	122	81	61	49	41	35
●	Jogging (5.5 mph) (488 kcal/h)	281	141	94	70	56	47	40
●	Jogging (7.5 mph) (748 kcal/h)	184	92	61	46	37	31	26
● ■	Jogging (10.5 mph) (1040 kcal/h)	132	66	44	33	26	22	19
● ■	Martial arts (704 kcal/h)	195	98	65	49	39	33	28
● ■	Rock climbing (774 kcal/h)	177	89	59	44	35	30	25
■	Squats (588 kcal/h)	234	117	78	58	47	39	33
●	Cr. country skiing (5 mph) (690 kcal/h)	199	100	66	50	40	33	28
● ■	Mountainbiking (520 kcal/h)	264	132	88	66	53	44	38
●	Nordic walking (2 mph) (396 kcal/h)	347	173	116	87	69	58	50
● ■	Pilates (420 kcal/h)	327	164	109	82	65	55	47
●	Polo (563 kcal/h)	244	122	81	61	49	41	35
●	Inline Skating (9 mph) (384 kcal/h)	358	179	119	89	72	60	51
● ■	Rugby (704 kcal/h)	195	98	65	49	39	33	28
●	Snowshoeing (560 kcal/h)	245	123	82	61	49	41	35
●	Skiping (572 kcal/h)	240	120	80	60	48	40	34
●	Skateboarding (352 kcal/h)	390	195	130	98	78	65	56
● ■	Skiing (slow) (488 kcal/h)	281	141	94	70	56	47	40
● ■	Skiing (fast) (560 kcal/h)	245	123	82	61	49	41	35
● ■	Snowboarding (488 kcal/h)	281	141	94	70	56	47	40
● ■	Squash (728 kcal/h)	189	94	63	47	38	31	27
● ■	Swimming (slow) (260 kcal/h)	528	264	176	132	106	88	75
■	Swimming (fast) (576 kcal/h)	238	119	79	60	48	40	34
● ■	Taekwondo Com. Train. (900 kcal/h)	153	76	51	38	31	25	22
● ■	Taekwondo tech. training (550 kcal/h)	250	125	83	62	50	42	36
● ■	Tennis (312 kcal/h)	440	220	147	110	88	73	63
●	Uni-cycling bike (352 kcal/h)	390	195	130	98	78	65	56
● ■	Volleyball (563 kcal/h)	244	122	81	61	49	41	35
●	Hiking (360 kcal/h)	382	191	127	95	76	64	55
● ■	Water Polo (704 kcal/h)	195	98	65	49	39	33	28



Leisure activities and housework

		Training sessions per week in minutes						
327 Average kcal/day		1 X	2 X	3 X	4 X	5 X	6 X	7 X
●	Fishing, standing (176 kcal/h)	780	390	260	195	156	130	111
●	Fishing, standing / stream (246 kcal/h)	558	279	186	140	112	93	80
●	Bowling (211 kcal/h)	651	325	217	163	130	108	93
●	Darts (176 kcal/h)	780	390	260	195	156	130	111
● ■	Fencing (422 kcal/h)	325	163	108	81	65	54	46
● ■	Frisbee (211 kcal/h)	651	325	217	163	130	108	93
●	Golf (with golf cart) (352 kcal/h)	390	195	130	98	78	65	56
● ■	Canoeing (2.5 mph) (174 kcal/h)	789	395	263	197	158	132	113
■	Motocross (281 kcal/h)	489	244	163	122	98	81	70
● ■	Rafting (352 kcal/h)	390	195	130	98	78	65	56
●	Horseback riding (246 kcal/h)	558	279	186	140	112	93	80
●	Snorkeling (352 kcal/h)	390	195	130	98	78	65	56
●	Sailing (211 kcal/h)	651	325	217	163	130	108	93
●	Walking (174 kcal/h)	789	395	263	197	158	132	113
● ■	Surfing (211 kcal/h)	651	325	217	163	130	108	93
●	Dancing (slow) (211 kcal/h)	651	325	217	163	130	108	93
● ■	Dancing (fast) (384 kcal/h)	358	179	119	89	72	60	51
● ■	Dancing (modern) (422 kcal/h)	325	163	108	81	65	54	46
●	Scuba Diving (493 kcal/h)	279	139	93	70	56	46	40
●	Table Tennis (281 kcal/h)	489	244	163	122	98	81	70
● ■	Windsurfing (211 kcal/h)	651	325	217	163	130	108	93
●	Gardening (352 kcal/h)	390	195	130	98	78	65	56
●	Lawn mowing (387 kcal/h)	355	177	118	89	71	59	51
●	Cleaning (246 kcal/h)	558	279	186	140	112	93	80

Possibilities in the gym

		Training sessions per week in minutes						
327 Average kcal/day		1 X	2 X	3 X	4 X	5 X	6 X	7 X
●	Stationary Biking (588 kcal/h)	234	117	78	58	47	39	33
● ■	Crosstrainer (540 kcal/h)	254	127	85	64	51	42	36
■	Machine workout (422 kcal/h)	325	163	108	81	65	54	46
■	Weightlifting (422 kcal/h)	325	163	108	81	65	54	46
●	Treadmill (5.5 mph) (488 kcal/h)	281	141	94	70	56	47	40
●	Treadmill (7.5 mph) (748 kcal/h)	184	92	61	46	37	31	26
● ■	Treadmill (10.5 mph) (1040 kcal/h)	132	66	44	33	26	22	19
■	Rowing machine (415 kcal/h)	331	165	110	83	66	55	47
● ■	Stepper (588 kcal/h)	234	117	78	58	47	39	33
●	Tai chi (281 kcal/h)	489	244	163	122	98	81	70
●	Vibration training (900 kcal/h)	153	76	51	38	31	25	22
● ■	Yoga (281 kcal/h)	489	244	163	122	98	81	70



## EXERCISE

# Adjustment phase and stability phase

Follow the previous program until you have reached your desired weight. When you are satisfied with your body weight, begin the next phase of the program.

## Your new exercise plan

Congratulations! You have successfully completed an intensive program of calorie reduction and exercise. Now, you can move to the next phase, which is considerably easier. First, you can significantly reduce your exercise, but you will still need to make a certain level of exercise part of your routine, to maintain your body weight. You can now plan your new exercise program that you can follow from now on.

**Use the table on the next page to plan the exercise program that you want to follow from now on.**

## Exercise

		Training sessions per week in minutes						
109 Average kcal/day		1 X	2 X	3 X	4 X	5 X	6 X	7 X
●	Aerobics (380 kcal/h)	120	60	40	30	24	20	17
●	Badminton (360 kcal/h)	127	64	42	32	25	21	18
● ■	Basketball (450 kcal/h)	102	51	34	25	20	17	15
● ■	Mountain climbing (436 kcal/h)	105	53	35	26	21	18	15
● ■	Boxing practice (bag) (422 kcal/h)	108	54	36	27	22	18	15
●	Ice skating (9 mph) (384 kcal/h)	119	60	40	30	24	20	17
●	Cycling (9 mph) (360 kcal/h)	127	64	42	32	25	21	18
●	Cycling (15 mph) (612 kcal/h)	75	37	25	19	15	12	11
● ■	Football (soccer) (498 kcal/h)	92	46	31	23	18	15	13
■	Machine workout (422 kcal/h)	108	54	36	27	22	18	15
● ■	Gymnastics (324 kcal/h)	141	71	47	35	28	24	20
● ■	Handball (640 kcal/h)	72	36	24	18	14	12	10
● ■	Hockey (563 kcal/h)	81	41	27	20	16	14	12
●	Jogging (5.5 mph) (488 kcal/h)	94	47	31	23	19	16	13
●	Jogging (7.5 mph) (748 kcal/h)	61	31	20	15	12	10	9
● ■	Jogging (10.5 mph) (1040 kcal/h)	44	22	15	11	9	7	6
● ■	Martial arts (704 kcal/h)	65	33	22	16	13	11	9
● ■	Rock climbing (774 kcal/h)	59	30	20	15	12	10	8
■	Squats (588 kcal/h)	78	39	26	19	16	13	11
●	Cr. country skiing (5 mph) (690 kcal/h)	66	33	22	17	13	11	9
● ■	Mountainbiking (520 kcal/h)	88	44	29	22	18	15	13
●	Nordic walking (2 mph) (396 kcal/h)	116	58	39	29	23	19	17
● ■	Pilates (420 kcal/h)	109	55	36	27	22	18	16
●	Polo (563 kcal/h)	81	41	27	20	16	14	12
●	Inline Skating (9 mph) (384 kcal/h)	119	60	40	30	24	20	17
● ■	Rugby (704 kcal/h)	65	33	22	16	13	11	9
●	Snowshoeing (560 kcal/h)	82	41	27	20	16	14	12
●	Skippping (572 kcal/h)	80	40	27	20	16	13	11
●	Skateboarding (352 kcal/h)	130	65	43	33	26	22	19
● ■	Skiing (slow) (488 kcal/h)	94	47	31	23	19	16	13
● ■	Skiing (fast) (560 kcal/h)	82	41	27	20	16	14	12
● ■	Snowboarding (488 kcal/h)	94	47	31	23	19	16	13
● ■	Squash (728 kcal/h)	63	31	21	16	13	10	9
● ■	Swimming (slow) (260 kcal/h)	176	88	59	44	35	29	25
■	Swimming (fast) (576 kcal/h)	79	40	26	20	16	13	11
● ■	Taekwondo Com. Train. (900 kcal/h)	51	25	17	13	10	8	7
● ■	Taekwondo tech. training (550 kcal/h)	83	42	28	21	17	14	12
● ■	Tennis (312 kcal/h)	147	73	49	37	29	24	21
●	Uni-cycling bike (352 kcal/h)	130	65	43	33	26	22	19
● ■	Volleyball (563 kcal/h)	81	41	27	20	16	14	12
●	Hiking (360 kcal/h)	127	64	42	32	25	21	18
● ■	Water Polo (704 kcal/h)	65	33	22	16	13	11	9

Leisure activities and housework

		Training sessions per week in minutes						
109 Average kcal/day		1 X	2 X	3 X	4 X	5 X	6 X	7 X
●	Fishing, standing (176 kcal/h)	260	130	87	65	52	43	37
●	Fishing, standing / stream (246 kcal/h)	186	93	62	47	37	31	27
●	Bowling (211 kcal/h)	217	108	72	54	43	36	31
●	Darts (176 kcal/h)	260	130	87	65	52	43	37
● ■	Fencing (422 kcal/h)	108	54	36	27	22	18	15
● ■	Frisbee (211 kcal/h)	217	108	72	54	43	36	31
●	Golf (with golf cart) (352 kcal/h)	130	65	43	33	26	22	19
● ■	Canoeing (2.5 mph) (174 kcal/h)	263	132	88	66	53	44	38
■	Motocross (281 kcal/h)	163	81	54	41	33	27	23
● ■	Rafting (352 kcal/h)	130	65	43	33	26	22	19
●	Horseback riding (246 kcal/h)	186	93	62	47	37	31	27
●	Snorkeling (352 kcal/h)	130	65	43	33	26	22	19
●	Sailing (211 kcal/h)	217	108	72	54	43	36	31
●	Walking (174 kcal/h)	263	132	88	66	53	44	38
● ■	Surfing (211 kcal/h)	217	108	72	54	43	36	31
●	Dancing (slow) (211 kcal/h)	217	108	72	54	43	36	31
● ■	Dancing (fast) (384 kcal/h)	119	60	40	30	24	20	17
● ■	Dancing (modern) (422 kcal/h)	108	54	36	27	22	18	15
●	Scuba Diving (493 kcal/h)	93	46	31	23	19	15	13
●	Table Tennis (281 kcal/h)	163	81	54	41	33	27	23
● ■	Windsurfing (211 kcal/h)	217	108	72	54	43	36	31
●	Gardening (352 kcal/h)	130	65	43	33	26	22	19
●	Lawn mowing (387 kcal/h)	118	59	39	30	24	20	17
●	Cleaning (246 kcal/h)	186	93	62	47	37	31	27

Possibilities in the gym

		Training sessions per week in minutes						
109 Average kcal/day		1 X	2 X	3 X	4 X	5 X	6 X	7 X
●	Stationary Biking (588 kcal/h)	78	39	26	19	16	13	11
● ■	Crosstrainer (540 kcal/h)	85	42	28	21	17	14	12
■	Machine workout (422 kcal/h)	108	54	36	27	22	18	15
■	Weightlifting (422 kcal/h)	108	54	36	27	22	18	15
●	Treadmill (5.5 mph) (488 kcal/h)	94	47	31	23	19	16	13
●	Treadmill (7.5 mph) (748 kcal/h)	61	31	20	15	12	10	9
● ■	Treadmill (10.5 mph) (1040 kcal/h)	44	22	15	11	9	7	6
■	Rowing machine (415 kcal/h)	110	55	37	28	22	18	16
● ■	Stepper (588 kcal/h)	78	39	26	19	16	13	11
●	Tai chi (281 kcal/h)	163	81	54	41	33	27	23
●	Vibration training (900 kcal/h)	51	25	17	13	10	8	7
● ■	Yoga (281 kcal/h)	163	81	54	41	33	27	23



## HEART RATE

# Determining your optimal heart rate

The optimal heart rate is crucial when doing exercise. The ideal heart rate for aerobic exercise (cardio) depends on your age. Use the following table to define the correct pulse rate for your age.

Age	Pulse
5	175 - 185
10	165 - 175
15	160 - 170
20	155 - 165
25	150 - 160
30	145 - 155
35	140 - 150
40	135 - 145
45	130 - 140
50	125 - 135
55	120 - 130
60	115 - 125
65	110 - 120
70	105 - 115
75	100 - 110
80	95 - 105
85	90 - 100
90	85 - 95
95	80 - 90
100	75 - 85

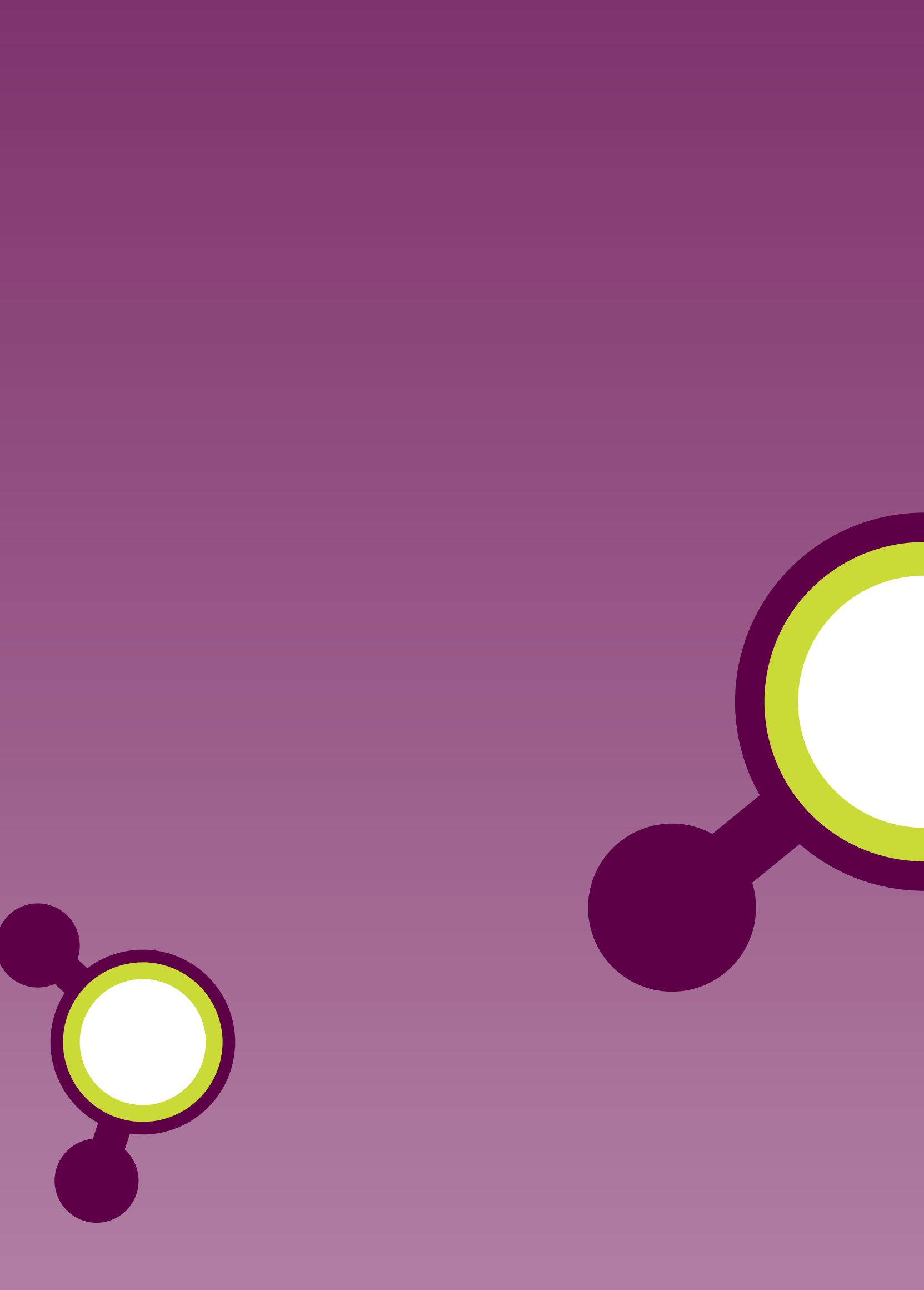
Target heart rate:

145 - 155

To make sure that you are getting the right level of exercises, you can use a wrist heart rate monitor. Most monitors have an alarm that warns you if your heart rate is too high or too low. (We calculate your target heart rate with the Zoladz method: subtract your age from 180, and stay within +/- 5 of that number.)

Attention! This pulse rate is only an approximate average value, and should be considered as a rough guideline. If, when you have this pulse, you experience light sweating and the need to breathe more, but you are still able to talk, you are probably in the correct heart rate zone. If you feel over or under-challenged, you need to accordingly adjust to your optimum pulse.







**BODY WEIGHT GENES**

**YOUR NUTRITION TYPE TO LOSE WEIGHT**

**YOUR SPORTS TYPE FOR LOSING WEIGHT**

**YOUR WEIGHT LOSS PROGRAM**

**YOUR SPORTS PROGRAM TO LOSE WEIGHT**

**NUTRITION GENES**

*Nutrition Sensor - Not ordered*

**DETOXIFICATION**

*Nutrition Sensor - Not ordered*

**FOOD INGREDIENTS**

*Nutrition Sensor - Not ordered*

**DIETARY SUPPLEMENT**

*Nutrition Sensor - Not ordered*

**FOOD LIST**

**ADDITIONAL INFORMATION**



## FOOD LIST

This individual food list contains approx. 900 food products assessed according to your genes and helps you to plan your nutrition optimally.



## TABLE

# The food table explained

The Food Table includes more than 900 different types of food that are evaluated according to your specific genes so that you can easily choose foods that will help you lose weight and maintain good health.

Please note: Irrespective of your goal with this program, you should ensure a varied and balanced diet. To reach this, consider the typical portion amount as your maximum daily amount for this type of food (unless you use the food item weight system). Also try to vary your choice of food types and do not eat many of the same or similar food types at once. Alcoholic beverages should be limited to a maximum of three times per week.

125 g

### Food item amount

The food item amount is the MAXIMUM amount of each food item you should eat. If you want to eat more of this type of food, you have to invest another of your daily food items. You can also use half of a food item and spend the other half on another type of food. You do not need to eat all of each food item if you are not hungry. Some food items are labelled with "any amount - no food item". This means that this type of food contains so few calories that they do not count as food items. You can eat these items when you have used up your daily food items and are still hungry.



### Green weight icons

Green weight icons indicate, that this type of food has the optimal balance between carbohydrates, fat and protein. The more green icons a type of food has, the better its macronutrient balance is for you. Try to plan your meals using mostly positively rated types of food with five or six green weight icons. Generally try to vary your diet and do not eat many of the same or similar types of food at once.



### Red weight icons

Red weight icons indicate, that this type of food does not have a suitable balance between carbohydrates, fat and protein for you. The worse the balance of macronutrient is, the more red icons this type of food is rated with. Eat food in the red category only occasionally and try not to eat more than one negatively rated food type per day. Try to prefer food types with few icons over food types with many red weight icons.



### Green apple icons

Green apple icons indicate, that this type of food (if eaten in the typical portion sizes and frequency) contains substances, that are especially healthy due to your genetic profile. Try to plan your nutrition with as many types of food in the very green category. Make sure you roughly follow the typical portion sizes of each type of food and that you do not eat too many foods of the same type at once.



### Red apple icons

Red Apple icons indicate, that the amount of unhealthy food constituents greatly outweighs the amount of healthy food constituents in this type of food. Based on your genetic profile, this type of food is especially unhealthy for you. Try to make negatively rated food types a rare exception and try to prefer mildly negatively rated food types over very negatively rated food types (4-6 red apples).





























































































































































### Warning - Order form information

If you have informed us of any allergies or intolerances that you suffer from or you just want to avoid some kind of food, you may find a warning symbol in this section of the table. This means that this type of food may contain substances that can cause allergic reactions or symptoms of a food intolerance. This warning is solely based on the information you provided in the order form and no genes are tested for this section. PLEASE NOTE! This warning is a guideline to help you plan your diet and is in no way a complete and accurate list of ingredients. Always check the components of each food item you eat if you suffer from a known food allergy.






























































































































### Question marks










































































































If you have not ordered certain products, it is possible that question marks are displayed in a column. This means that not all relevant results are available for this evaluation. If you want to order this additional analysis, please contact us.






























































<div></div> <div>Recommendations to lose weight</div>			<div></div> <div>Recommendations for healthy nutrition</div>		<div></div> <div>your preference</div>	Bread and pastry	All values per standard serving				
g per item	often	rarely	often	rarely			g	kcal	Prot	Carb	Fat
	<div></div>	<div></div>	<div></div>	<div></div>							
50 g	<div></div>			<div> not ordered</div>		Baguette	30	85	5	20	5
60 g	<div></div>			<div> not ordered</div>		Buckwheat bread	45	106	5	25	5
15 g		<div></div>		<div> not ordered</div>		Croissant	70	357	5	35	25
60 g	<div></div>			<div> not ordered</div>		Spelt bread	50	117	5	20	5
55 g	<div></div>			<div> not ordered</div>		Pita bread	50	121	5	25	5
70 g	<div></div>			<div> not ordered</div>		Brown/rye bread with sunflower seeds	45	99	5	20	5
60 g	<div></div>			<div> not ordered</div>		Brown bread - rye-wheat bread	45	101	5	25	0
60 g	<div></div>			<div> not ordered</div>		Brown bread - mixed wheat bread	45	106	5	25	5
60 g	<div></div>			<div> not ordered</div>		Green seed bread	45	108	5	25	5
60 g	<div></div>			<div> not ordered</div>		Millet bread	45	106	5	25	5
55 g	<div></div>			<div> not ordered</div>		Potato Bread	50	122	5	25	5
40 g	<div></div>			<div> not ordered</div>		Crispbread - multigrain bread	10	34	5	10	0
40 g	<div></div>			<div> not ordered</div>		Crispbread - rye-wheat bread	10	34	5	10	0
40 g	<div></div>			<div> not ordered</div>		Crispbread - mixed wheat bread	10	36	5	10	0
40 g	<div></div>			<div> not ordered</div>		Pretzel	50	171	5	35	5
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70 g	<div></div>			<div> not ordered</div>		Pumpernickel bread	40	78	5	20	5
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70 g	<div></div>			<div> not ordered</div>		Wholemeal bread with sunflower seeds	50	110	5	20	5
70 g	<div></div>			<div> not ordered</div>		Wholemeal bread - barley wholemeal bread	50	102	5	20	5
65 g	<div></div>			<div> not ordered</div>		Wholemeal bread - rye-wheat bread	50	103	5	20	5
65 g	<div></div>			<div> not ordered</div>		Wholemeal bread - whole wheat bread	50	102	5	20	0
55 g	<div></div>			<div> not ordered</div>		White bread	30	73	5	15	0
55 g	<div></div>			<div> not ordered</div>		White bread - toast	30	78	5	15	5




















































































































<div></div> <div>Recommendations to lose weight</div>			<div></div> <div>Recommendations for healthy nutrition</div>		<div></div> <div>your preference</div>	Cereals, grains and grain products, rice	All values per standard serving				
g per item	often	rarely	often	rarely			g	kcal	Prot	Carb	Fat
	     	     	     	     							
40 g				? not ordered		Amaranth Wholemeal (as flour, semolina, grain or flakes)	15	46	5	10	5
35 g				? not ordered		Buckwheat peeled (as flour, semolina, grain or flakes)	40	137	5	30	5
35 g				? not ordered		Buckwheat whole grains (as flour, semolina, grain or flakes)	60	206	10	45	5
35 g				? not ordered		Bulgur	180	585	20	125	5
35 g				? not ordered		Spelt peeled (as flour, semolina, grain or flakes)	20	68	5	15	0
35 g				? not ordered		Spelt whole grains (as flour, semolina, grain or flakes)	100	329	20	60	5
40 g				? not ordered		Barley peeled (as flour, semolina, grain or flakes)	60	193	10	40	5
40 g				? not ordered		Barley whole grains (as flour, semolina, grain or flakes)	40	128	5	25	5
40 g				? not ordered		Unripe spelt grain peeled (from flour, semolina, grain or flakes)	60	196	10	40	5
40 g				? not ordered		Unripe spelt grain wholegrain (from flour, semolina, grain or flakes)	40	131	5	25	5
45 g	 			? not ordered		Oats peeled (from flour, semolina, grain or flakes)	60	199	10	35	5
45 g	 			? not ordered		Oats wholegrain (from flour, semolina, grain or flakes)	10	33	5	10	5
35 g				? not ordered		Millet peeled (from flour, semolina, grain or flakes)	60	214	10	45	5
40 g				? not ordered		Millet wholegrain (from flour, semolina, grain or flakes)	20	66	5	15	5
35 g				? not ordered		Khorasan wholegrain (from flour, semolina, grain or flakes)	100	337	15	70	5
40 g				? not ordered		Corn peeled (from flour, semolina, grain or flakes)	20	66	5	15	5
40 g				? not ordered		Corn wholegrain (from flour, semolina, grain or flakes)	60	197	5	40	5
35 g				? not ordered		Breadcrumbs	20	72	5	15	0
40 g				? not ordered		Popcorn	30	111	5	20	5
40 g				? not ordered		Quinoa peeled (from flour, semolina, grain or flakes)	100	355	15	65	10
35 g				? not ordered		Rice peeled (from flour, semolina, grain or flakes)	40	140	5	35	0
35 g				? not ordered		Rice wholegrain (from flour, semolina, grain or flakes)	60	211	5	45	5
40 g				? not ordered		Rye peeled (from flour, semolina, grain or flakes)	60	180	10	40	5
40 g				? not ordered		Rye wholegrain (from flour, semolina, grain or flakes)	40	120	5	25	5
40 g				? not ordered		Wheat peeled (from flour, semolina, grain or flakes)	60	183	10	40	5










































































































 Recommendations to lose weight		 Recommendations for healthy nutrition		 your preference	Cereals, grains and grain products, rice	All values per standard serving				
g per item	often	rarely	often	rarely						
	                                                                  									

Recommendations to lose weight			Recommendations for healthy nutrition		your preference	Confectionary, sugar, sweets, chocolate, sweet spread, ice cream	All values per standard serving				
g per item	often	rarely	often	rarely			g	kcal	Prot	Carb	Fat
	       	       	        	       							
25 g		 		? not ordered		Jam cranberry	25	67	0	20	0
25 g		 		? not ordered		Jam sour cherry	25	63	0	15	0
25 g		 		? not ordered		Jam damson plum	25	68	0	20	0
20 g		  		? not ordered		Marshmallow	15	50	0	15	0
10 g		     		? not ordered		Marzipan	15	79	5	10	5
10 g		     		? not ordered		Nougat	15	78	5	10	5
20 g		  		? not ordered		Chocolates	15	49	0	10	5
20 g		  		? not ordered		Rum balls	20	81	0	15	5
15 g		    		? not ordered		Chocolate kiss	20	71	5	10	5
15 g		    		? not ordered		Chocolate bitter	20	79	5	10	5
10 g		     		? not ordered		Chocolate milk	20	107	5	15	10
10 g		     		? not ordered		Chocolate cream	20	99	5	15	5
10 g		     		? not ordered		Chocolate unskimmed milk	20	107	5	10	10
10 g		     		? not ordered		Chocolate white	20	108	5	15	10
10 g		     		? not ordered		Chocolate dark	20	99	5	10	10
15 g		    		? not ordered		Sugar white	5	20	0	5	0








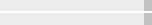






 Recommendations to lose weight			 Recommendations for healthy nutrition		 your preference	Eggs and egg products, pasta	All values per standard serving				
g per item	often	rarely	often	rarely			g	kcal	Prot	Carb	Fat
	                                                         										










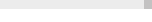
<div></div> <div>Recommendations to lose weight</div>			<div></div> <div>Recommendations for healthy nutrition</div>		<div></div> <div>your preference</div>	Backed goods, cakes and confectionary	All values per standard serving				
g per item	often	rarely	often	rarely			g	kcal	Prot	Carb	Fat
	     	     	      	     							
20 g		  		? not ordered		Doughnut	60	236	5	30	15
20 g		  		? not ordered		Strawberry cream cake from cake batter	100	281	5	25	20
35 g				? not ordered		Yeast dough (pizza dough)	100	304	10	45	15
25 g		 		? not ordered		Yogurt cream cake	100	264	5	25	20
25 g		 		? not ordered		Carrot nut cake from cake batter	100	318	10	35	20
30 g				? not ordered		Cheesecake from shortcrust pastry	100	270	10	30	15
20 g		  		? not ordered		Cheesecake	120	344	5	30	25
25 g		 		? not ordered		Cherry cake from shortcrust pastry	120	354	5	45	20
25 g		 		? not ordered		Gingerbread	25	97	5	15	5
20 g		   		? not ordered		Linzer cake	120	501	10	55	30
15 g		   		? not ordered		Macaroons	50	218	10	25	15
20 g		  		? not ordered		Almond cake from yeast dough	100	384	10	45	20
20 g		  		? not ordered		Marble cake from batter	70	249	5	30	15
15 g		   		? not ordered		Marzipan cake	120	421	10	35	30
25 g		 		? not ordered		Apple and poppy seed cake from shortcrust	120	346	10	40	20
20 g		  		? not ordered		Poppy seed roll from dough	100	358	10	40	20
35 g				? not ordered		Muffin with chocolate	60	175	5	25	10
35 g				? not ordered		Muffins with blueberries	60	169	5	25	10
15 g		   		? not ordered		Nut cake	50	229	5	20	15
15 g		   		? not ordered		Nut cream cake	120	427	10	30	35
35 g				? not ordered		Gingerbread biscuits	25	96	5	20	5
15 g		   		? not ordered		Cookies from shortcrust	50	246	5	30	15
70 g	   			? not ordered		Quark-apple cake	120	202	10	30	10
20 g		  		? not ordered		Cream cake	50	151	5	15	10
40 g				? not ordered		Rhubarb cake with meringue	120	218	5	25	15

<div></div> <div>Recommendations to lose weight</div>			<div></div> <div>Recommendations for healthy nutrition</div>		<div></div> <div>your preference</div>	Backed goods, cakes and confectionary	All values per standard serving				
g per item	often	rarely	often	rarely			g	kcal	Prot	Carb	Fat
	<div></div>	<div></div>	<div></div>	<div></div>							
30 g		<div></div>		? not ordered		Raisin cake from batter	70	241	5	35	10
20 g		<div></div>		? not ordered		Red wine cake from batter	70	255	5	30	15
20 g		<div></div>		? not ordered		Sacher cake	120	462	10	55	25
35 g		<div></div>		? not ordered		Pretzel sticks	30	106	5	25	0
20 g		<div></div>		? not ordered		Chocolate cake from batter	70	237	5	25	15
15 g		<div></div>		? not ordered		Chocolate-nuts cake from batter	100	393	10	35	25
35 g		<div></div>		? not ordered		Chocolate cake with cream topping from cake batter	100	308	5	50	10
25 g		<div></div>		? not ordered		Black Forest cake	120	333	5	40	20
35 g		<div></div>		? not ordered		Chelsea bun with crumbles	75	257	10	40	10
30 g		<div></div>		? not ordered		Tiramisu	125	390	10	50	20
10 g		<div></div>		? not ordered		Waffles	50	279	5	25	25
40 g	<div></div>			? not ordered		Damson plum cake from shortcrust	100	212	5	30	10





























































































































































<div></div> <div>Recommendations to lose weight</div>			<div></div> <div>Recommendations for healthy nutrition</div>		<div></div> <div>your preference</div>	Fruit and fruit products	All values per standard serving				
g per item	often	rarely	often	rarely			g	kcal	Prot	Carb	Fat
	<div></div>										












































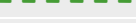

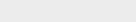











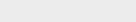


















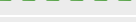
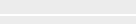
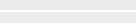
















Recommendations to lose weight			Recommendations for healthy nutrition		your preference	Fruit and fruit products	All values per standard serving				
g per item	often	rarely	often	rarely			g	kcal	Prot	Carb	Fat
											
195 g				? not ordered		Apricot canned	125	99	5	25	0
40 g				? not ordered		Avocado	225	293	5	10	30
180 g				? not ordered		Banana	100	90	5	20	0
680 g				? not ordered		Tree gooseberry (starfruit)	125	34	5	5	5
645 g				? not ordered		Soft fruit	125	40	5	10	5
290 g				? not ordered		Pear	140	73	5	20	0
225 g				? not ordered		Pear canned	125	83	0	20	0
490 g				? not ordered		Blackberry	125	45	5	10	5
155 g				? not ordered		Breadfruit	125	130	5	30	0
340 g				? not ordered		Cashew apple	125	68	5	15	5
395 g				? not ordered		Clementine	40	18	0	5	0
55 g				? not ordered		Date	125	350	5	85	5
125 g				? not ordered		Durian	125	180	5	40	5
645 g				? not ordered		Strawberry	250	80	5	15	5
425 g				? not ordered		Ground Cherry (Physalis)	125	64	5	15	5
280 g				? not ordered		Fig	20	13	0	5	0
225 g				? not ordered		Pomegranate	125	94	5	20	5
480 g				? not ordered		Grapefruit	250	110	5	20	0
610 g				? not ordered		Guava	125	43	5	10	5
325 g				? not ordered		Guava small	125	69	5	15	5
220 g				? not ordered		Rosehip	125	119	5	20	5
590 g				? not ordered		Blueberry	125	46	5	10	5
630 g				? not ordered		Raspberry	125	43	5	10	0
290 g				? not ordered		Elderberry	125	69	5	10	5
665 g				? not ordered		Currant red	125	41	5	10	0

Recommendations to lose weight			Recommendations for healthy nutrition		your preference	Fruit and fruit products	All values per standard serving				
g per item	often	rarely	often	rarely			g	kcal	Prot	Carb	Fat
											
550 g				? not ordered		Currant black	125	50	5	10	0
535 g				? not ordered		Currant white	125	51	5	10	0
225 g				? not ordered		Japanese persimmon	125	89	5	20	0
500 g				? not ordered		Prickly pear	125	46	5	10	5
270 g				? not ordered		Cape gooseberry	125	95	5	20	5
285 g				? not ordered		Cherry canned	125	68	5	20	0
360 g				? not ordered		Cherry sour	120	62	5	15	5
270 g				? not ordered		Cherry sweet	120	72	5	20	0
390 g				? not ordered		Kiwi	45	24	0	5	0
15 g				? not ordered		Coconut	50	181	5	5	20
245 g				? not ordered		Kumquat	125	85	5	20	0
205 g				? not ordered		Lime	125	59	5	5	5
215 g				? not ordered		Litchi	125	94	5	25	0
160 g				? not ordered		Litchi canned	125	120	5	30	0
290 g				? not ordered		Mamey apple	125	71	5	15	0
355 g				? not ordered		Mandarins	40	20	0	5	0
185 g				? not ordered		Mandarins canned	125	104	0	25	0
285 g				? not ordered		Mango	125	74	5	20	5
225 g				? not ordered		Mangosteen	125	93	5	20	5
440 g				? not ordered		Mulberry	125	55	5	10	0
255 g				? not ordered		Mirabelle	125	80	5	20	0
335 g				? not ordered		Medlar	25	12	0	5	0
290 g				? not ordered		Nectarine	115	64	5	15	0
435 g				? not ordered		Orange	150	65	5	15	0
380 g				? not ordered		Pampelmuse	125	58	5	15	0






































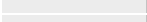



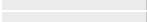

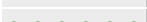



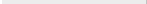

Recommendations to lose weight			Recommendations for healthy nutrition		your preference	Fruit and fruit products	All values per standard serving				
g per item	often	rarely	often	rarely			g	kcal	Prot	Carb	Fat
											
500 g				? not ordered		Papaya	125	40	5	10	0
340 g				? not ordered		Passion fruit	125	80	5	15	5
400 g				? not ordered		Peach	115	47	5	10	0
350 g				? not ordered		Plums	125	56	5	15	0
575 g				? not ordered		Cranberry	125	44	0	10	5
485 g				? not ordered		Quince	150	59	5	15	5
any amount				? not ordered		Rhubarb	150	20	5	5	0
55 g				? not ordered		Raisins	25	76	5	20	0
350 g				? not ordered		Round plum	125	56	5	15	0
70 g				? not ordered		Sea buckthorn berry	125	108	5	5	10
505 g				? not ordered		Gooseberry	125	46	5	10	0
680 g				? not ordered		Starfruit	100	27	5	5	5
490 g				? not ordered		Wild blackberry	125	45	5	10	5
645 g				? not ordered		Wild strawberry	125	40	5	10	5
630 g				? not ordered		Wild raspberry	125	43	5	10	0
430 g				? not ordered		Watermelon	125	48	5	10	0
235 g				? not ordered		Grape red	125	88	5	20	0
235 g				? not ordered		Grape white	125	88	5	20	0
625 g				? not ordered		Winter melon	125	35	5	10	0
610 g				? not ordered		Lemon	125	45	5	5	5
290 g				? not ordered		Muskmelon	125	69	5	20	0
405 g				? not ordered		Plum	35	15	0	5	0



















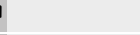










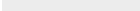
Recommendations to lose weight			Recommendations for healthy nutrition		your preference	Vegetables and vegetable products	All values per standard serving				
g per item	often	rarely	often	rarely			g	kcal	Prot	Carb	Fat
	 	     	     	     							
105 g	    			? not ordered		Algae	5	2	0	0	0
255 g	     			? not ordered		Artichokes	150	33	5	5	0
490 g	     			? not ordered		Aubergine	250	43	5	10	0
670 g	     			? not ordered		Wild garlic	100	19	5	5	0
565 g	     			? not ordered		Kale	150	20	5	5	0
250 g	     			? not ordered		Cauliflower	150	35	5	5	0
30 g				? not ordered		Bean white	60	158	15	25	5
90 g	   			? not ordered		Beans thick	150	126	15	20	5
255 g	     			? not ordered		Beans green	150	50	5	10	0
85 g	   			? not ordered		Nettle	150	63	15	5	5
160 g	     			? not ordered		Broccoli	150	42	10	5	0
255 g	     			? not ordered		Bush beans green	150	50	5	10	0
495 g	     			? not ordered		Chicory	50	9	5	5	0
70 g	   			? not ordered		China beans	150	170	15	30	5
565 g	     			? not ordered		Chinese cabbage	150	20	5	5	0
605 g	     			? not ordered		Iceberg lettuce	50	7	5	5	0
345 g	     			? not ordered		Endives	50	8	5	5	0
95 g	   			? not ordered		Pea green	150	123	10	20	5
170 g	     			? not ordered		Pea green canned	150	57	5	10	5
330 g	     			? not ordered		Lamb's lettuce	50	8	5	0	0
435 g	     			? not ordered		Fennel bulb	150	29	5	5	0
235 g	     			? not ordered		Vegetable mix Chinese art	150	56	5	10	5
185 g	     			? not ordered		Vegetable mix Mexican art	150	77	5	15	5
500 g	     			? not ordered		Sweet pepper yellow	150	45	5	10	0
560 g	     			? not ordered		Sweet pepper green	150	29	5	5	0













<div></div> <div>Recommendations to lose weight</div>			<div></div> <div>Recommendations for healthy nutrition</div>		<div></div> <div>your preference</div>	Vegetables and vegetable products	All values per standard serving				
g per item	often	rarely	often	rarely							
	<div></div>	<div></div>		<div></div>			<div></div>			g	kcal
415 g	<div></div>			<div></div> not ordered		Sweet pepper red	150	56	5	10	5
145 g	<div></div>			<div></div> not ordered		Kale	150	56	10	5	5
any amount	<div></div>			<div></div> not ordered		Cucumber	150	18	5	5	0
255 g	<div></div>			<div></div> not ordered		Legume vegetables	150	50	5	10	0
285 g	<div></div>			<div></div> not ordered		Capers	100	23	5	5	0
390 g	<div></div>			<div></div> not ordered		Carrot	150	50	5	10	0
30 g		<div></div>		<div></div> not ordered		Kidney beans	60	151	15	25	5
95 g	<div></div>			<div></div> not ordered		Garlic	5	3	0	5	0
390 g	<div></div>			<div></div> not ordered		Celeriac	150	29	5	5	0
315 g	<div></div>			<div></div> not ordered		Kohlrabi	150	38	5	10	0
465 g	<div></div>			<div></div> not ordered		Turnip	150	45	5	10	0
510 g	<div></div>			<div></div> not ordered		Lettuce	50	6	5	5	0
550 g	<div></div>			<div></div> not ordered		Pumpkin Butternut	150	38	5	10	0
550 g	<div></div>			<div></div> not ordered		Pumpkin Hokkaido	150	38	5	10	0
310 g	<div></div>			<div></div> not ordered		Spring onion	30	13	0	5	0
180 g	<div></div>			<div></div> not ordered		Lima bean	150	98	5	20	0
30 g		<div></div>		<div></div> not ordered		Lentils	60	185	15	30	5
465 g	<div></div>			<div></div> not ordered		Lollo Rosso	100	20	5	5	0
195 g	<div></div>			<div></div> not ordered		Dandelion	150	44	5	5	5
285 g	<div></div>			<div></div> not ordered		Chard	150	24	5	5	0
220 g	<div></div>			<div></div> not ordered		Horseradish	150	96	5	20	0
430 g	<div></div>			<div></div> not ordered		Mixed pickles	200	72	5	15	5
290 g	<div></div>			<div></div> not ordered		Okra	150	30	5	5	0
30 g		<div></div>		<div></div> not ordered		Olive green	20	26	0	5	5
15 g		<div></div>		<div></div> not ordered		Olive black	20	69	0	5	10




















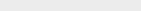
<div></div> <div>Recommendations to lose weight</div>			<div></div> <div>Recommendations for healthy nutrition</div>		<div></div> <div>your preference</div>	Vegetables and vegetable products	All values per standard serving					
g per item	often	rarely	often	rarely								
	<div></div>	<div></div>	<div></div>	<div></div>			<div></div>	<div></div>	g	kcal	Prot	Carb
245 g	<div></div>				? not ordered		Palm heart	150	54	5	10	0
560 g	<div></div>				? not ordered		Peppers	150	29	5	5	0
220 g	<div></div>				? not ordered		Parsnips	150	89	5	20	5
160 g	<div></div>				? not ordered		Pearl onion	15	11	0	5	0
410 g	<div></div>				? not ordered		Purslane	150	18	5	5	5
90 g	<div></div>				? not ordered		Scarlet runner bean	150	126	15	20	5
505 g	<div></div>				? not ordered		Radicchio	50	7	5	5	0
575 g	<div></div>				? not ordered		Radishes	100	15	5	5	0
575 g	<div></div>				? not ordered		Radish	150	24	5	5	0
250 g	<div></div>				? not ordered		Romanesco	150	35	5	5	0
380 g	<div></div>				? not ordered		Romano salad	50	8	5	5	0
140 g	<div></div>				? not ordered		Brussels sprouts	150	54	10	5	5
405 g	<div></div>				? not ordered		Red cabbage	150	35	5	5	0
315 g	<div></div>				? not ordered		Beet red	150	63	5	15	0
565 g	<div></div>				? not ordered		Beet white	150	39	5	10	0
235 g	<div></div>				? not ordered		Rocket	100	27	5	5	5
190 g	<div></div>				? not ordered		Sorrel	150	33	5	5	5
400 g	<div></div>				? not ordered		Pickled cabbage	150	26	5	5	0
405 g	<div></div>				? not ordered		Shallot	30	7	0	5	0
465 g	<div></div>				? not ordered		Leaf lettuce	50	10	5	5	0
435 g	<div></div>				? not ordered		Black salsify	150	29	5	5	5
515 g	<div></div>				? not ordered		Pearl onions	30	8	0	5	0
55 g	<div></div>				? not ordered		Soybeans	150	216	20	20	10
470 g	<div></div>				? not ordered		Asparagus canned	150	18	5	5	0
310 g	<div></div>				? not ordered		Asparagus white	150	27	5	5	0















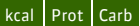






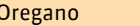


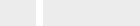
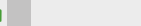


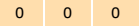





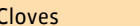


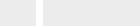
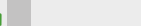



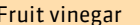
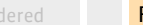

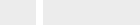
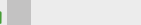



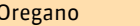


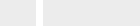
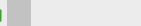



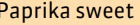
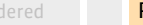

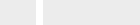
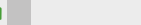



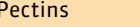


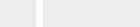
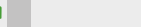



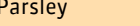


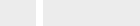
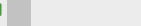



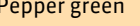


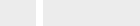
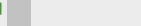



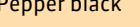


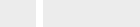
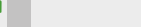



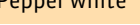


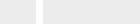
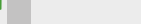



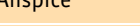


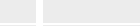
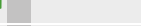



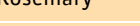


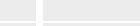
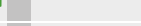



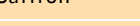


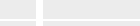
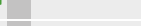






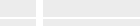
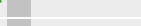
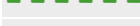





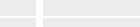
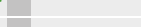





























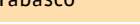


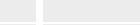
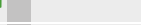






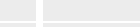
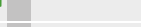






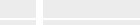
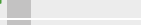






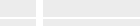
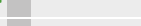
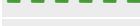

















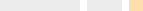

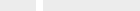
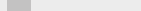
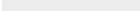

<div></div> <div>Recommendations to lose weight</div>			<div></div> <div>Recommendations for healthy nutrition</div>		<div></div> <div>your preference</div>	Vegetables and vegetable products	All values per standard serving				
g per item	often	rarely	often	rarely			g	kcal	Prot	Carb	Fat
	<div></div>	<div></div>	<div></div>	<div></div>							
215 g	<div></div>			<div></div> ? not ordered		Spinach	150	29	5	5	0
290 g	<div></div>			<div></div> ? not ordered		Pointed cabbage	150	35	5	5	0
255 g	<div></div>			<div></div> ? not ordered		Runner beans green	150	50	5	10	0
505 g	<div></div>			<div></div> ? not ordered		Stalk celery	150	26	5	5	0
85 g	<div></div>			<div></div> ? not ordered		Bush beans	150	132	15	20	5
30 g		<div></div>		<div></div> ? not ordered		Pigeon peas	60	172	15	30	5
430 g	<div></div>			<div></div> ? not ordered		Soup vegetables	150	38	5	10	0
635 g	<div></div>			<div></div> ? not ordered		Tomatoes	80	14	5	5	0
525 g	<div></div>			<div></div> ? not ordered		Tomatoes canned	80	14	5	5	0
355 g	<div></div>			<div></div> ? not ordered		Wax beans	150	48	5	10	0
any amount	<div></div>			<div></div> ? not ordered		Wax gourd	150	21	5	5	0
115 g	<div></div>			<div></div> ? not ordered		Wasabi raw	150	185	10	35	5
110 g	<div></div>			<div></div> ? not ordered		Vine leaves	100	114	10	20	5
440 g	<div></div>			<div></div> ? not ordered		White cabbage	150	38	5	10	0
220 g	<div></div>			<div></div> ? not ordered		Savoy cabbage	150	41	5	5	0
210 g	<div></div>			<div></div> ? not ordered		Parsley root	150	59	5	10	5
300 g	<div></div>			<div></div> ? not ordered		Zucchini	150	32	5	5	0
155 g	<div></div>			<div></div> ? not ordered		Sugar peas	150	89	10	15	0
170 g	<div></div>			<div></div> ? not ordered		Sweetcorn	150	134	5	25	5
515 g	<div></div>			<div></div> ? not ordered		Onion	80	22	5	5	0























































































































































Recommendations to lose weight			Recommendations for healthy nutrition		your preference	Potatoes and potato products, starchy plant parts, mushrooms	All values per standard serving				
g per item	often	rarely	often	rarely			g	kcal	Prot	Carb	Fat
											
105 g				? not ordered		Oyster mushroom	100	23	5	5	0
70 g				? not ordered		Batata (sweet potato)	150	167	5	40	5
80 g				? not ordered		Birch mushroom	200	50	10	0	5
145 g				? not ordered		Slippery Jack	200	30	5	5	5
90 g				? not ordered		Champignon	100	21	5	5	0
110 g				? not ordered		Champignon canned	100	19	5	0	5
130 g				? not ordered		Red pine mushroom	200	36	10	0	5
50 g				? not ordered		Gnocchi	125	203	5	45	5
115 g				? not ordered		Armillaria	200	38	10	0	5
45 g				? not ordered		Chinese artichoke	200	362	10	75	5
10 g				? not ordered		Potato chips	25	132	0	5	10
105 g				? not ordered		Potatoes peeled	200	146	5	35	0
105 g				? not ordered		Potatoes unpeeled	240	175	5	40	0
35 g				? not ordered		Potatoes frozen	200	290	5	35	15
20 g				? not ordered		Potato starch flour	20	68	0	20	0
100 g				? not ordered		Lotus root	150	119	5	25	0
50 g				? not ordered		Manioc	200	274	5	65	0
150 g				? not ordered		Morel	200	30	5	5	5
70 g				? not ordered		Arrowroot	200	208	15	40	5
155 g				? not ordered		Chanterelle	200	30	5	0	5
170 g				? not ordered		Boletes	200	34	5	5	5
45 g				? not ordered		Sago palm	200	362	10	75	5
130 g				? not ordered		Shiitake mushroom	200	84	5	25	0
70 g				? not ordered		Porcini	200	54	15	5	5
70 g				? not ordered		Taro	150	153	5	35	0

 Recommendations to lose weight			 Recommendations for healthy nutrition		 your preference	Potatoes and potato products, starchy plant parts, mushrooms	All values per standard serving				
g per item	often	rarely	often	rarely			g	kcal	Prot	Carb	Fat
											
150 g				? not ordered		Jerusalem artichoke	200	62	5	10	5
45 g				? not ordered		Truffle	200	118	20	15	5
70 g				? not ordered		Wild mushroom mix canned	200	118	5	15	10
200 g				? not ordered		Yam bean	200	82	5	20	0
75 g				? not ordered		Yam	200	202	5	45	0
















 Recommendations to lose weight			 Recommendations for healthy nutrition		 your preference	Spices, seasonings, additives	All values per standard serving				
g per item	often	rarely	often	rarely			g	kcal	Prot	Carb	Fat
											
10 g				? not ordered		Agar-Agar	5	3	0	0	0
25 g				? not ordered		Agave syrup	100	270	5	65	0
any amount				? not ordered		Anise	5	0	0	0	0
450 g				? not ordered		Apple vinegar	15	3	0	0	0
70 g				? not ordered		Balsamic vinegar	100	99	0	25	0
25 g				? not ordered		Barbecue sauce	45	54	5	5	5
any amount				? not ordered		Basil	5	0	0	0	0
any amount				? not ordered		Cayenne pepper	5	0	0	0	0
any amount				? not ordered		Chili red	5	0	0	0	0
45 g				? not ordered		Chutney apple	20	29	0	10	0
45 g				? not ordered		Chutney mango	20	28	0	10	0
65 g				? not ordered		Chutney tomato	20	21	0	5	0
any amount				? not ordered		Curry powder	5	0	0	0	0








Recommendations to lose weight			Recommendations for healthy nutrition		your preference	Spices, seasonings, additives	All values per standard serving				
g per item	often	rarely	often	rarely			g	kcal	Prot	Carb	Fat
20 g				? not ordered		Curry sauce	60	91	5	5	10
any amount				? not ordered		Dill	5	0	0	0	0
5 g				? not ordered		Dressing cocktail	20	116	0	5	15
10 g				? not ordered		Dressing vinegar-herb	45	134	0	5	15
10 g				? not ordered		Dressing French	60	222	5	5	25
10 g				? not ordered		Dressing Italian	60	146	5	5	15
5 g				? not ordered		Dressing mayonnaise	50	360	5	0	40
any amount				? not ordered		Tarragon	5	0	0	0	0
5 g				? not ordered		Gelatin	5	3	5	0	0
25 g				? not ordered		Vegetable stock granulated	100	176	20	15	10
35 g				? not ordered		Hoisin sauce	20	35	5	10	5
20 g				? not ordered		Chicken stock granulated	5	7	5	5	0
any amount				? not ordered		Ginger	5	0	0	0	0
any amount				? not ordered		Cardamom	5	0	0	0	0
65 g				? not ordered		Ketchup	20	22	0	5	0
any amount				? not ordered		Coriander	5	0	0	0	0
450 g				? not ordered		Herb vinegar	15	3	0	0	0
any amount				? not ordered		Cumin	5	0	0	0	0
any amount				? not ordered		Caraway	5	0	0	0	0
any amount				? not ordered		Turmeric	5	0	0	0	0
any amount				? not ordered		Bay leaf	5	0	0	0	0
any amount				? not ordered		Mace	5	0	0	0	0
any amount				? not ordered		Marjoram	5	0	0	0	0
any amount				? not ordered		Balm	5	0	0	0	0
any amount				? not ordered		Nutmeg	5	0	0	0	0













































































<div></div> <div>Recommendations to lose weight</div>			<div></div> <div>Recommendations for healthy nutrition</div>		<div></div> <div>your preference</div>	Spices, seasonings, additives	All values per standard serving				
g per item	often	rarely	often	rarely							
	<div></div>	<div></div>	<div></div>	<div></div>			g	kcal	Prot	Carb	Fat
any amount	<div></div>			<div> not ordered</div>		Cloves	5	0	0	0	0
450 g	<div></div>			<div> not ordered</div>		Fruit vinegar	15	3	0	0	0
any amount	<div></div>			<div> not ordered</div>		Oregano	5	0	0	0	0
any amount	<div></div>			<div> not ordered</div>		Paprika sweet	5	0	0	0	0
75 g	<div></div>			<div> not ordered</div>		Pectins	5	1	0	0	0
any amount	<div></div>			<div> not ordered</div>		Parsley	5	0	0	0	0
any amount	<div></div>			<div> not ordered</div>		Pepper green	5	0	0	0	0
any amount	<div></div>			<div> not ordered</div>		Pepper black	5	0	0	0	0
any amount	<div></div>			<div> not ordered</div>		Pepper white	5	0	0	0	0
any amount	<div></div>			<div> not ordered</div>		Allspice	5	0	0	0	0
any amount	<div></div>			<div> not ordered</div>		Rosemary	5	0	0	0	0
any amount	<div></div>			<div> not ordered</div>		Saffron	5	0	0	0	0
any amount	<div></div>			<div> not ordered</div>		Sage	5	0	0	0	0
55 g	<div></div>			<div> not ordered</div>		Sambal Oelek	20	28	5	5	5
any amount	<div></div>			<div> not ordered</div>		Chives	5	0	0	0	0
50 g	<div></div>			<div> not ordered</div>		Mustard hot	5	4	0	0	0
50 g	<div></div>			<div> not ordered</div>		Mustard sweet	5	4	0	0	0
35 g		<div></div>		<div> not ordered</div>		Soy sauce	15	17	5	5	5
135 g	<div></div>			<div> not ordered</div>		Tabasco	5	1	0	0	0
any amount	<div></div>			<div> not ordered</div>		Thyme	5	0	0	0	0
145 g	<div></div>			<div> not ordered</div>		Tomato paste	10	4	0	5	0
any amount	<div></div>			<div> not ordered</div>		Vanilla pod	5	0	0	0	0
15 g		<div></div>		<div> not ordered</div>		Juniper berry	5	4	0	0	0
470 g	<div></div>			<div> not ordered</div>		Wine vinegar	15	3	0	0	0
any amount	<div></div>			<div> not ordered</div>		Cinnamon	5	0	0	0	0





































































<div></div> <div>Recommendations to lose weight</div>			<div></div> <div>Recommendations for healthy nutrition</div>		<div></div> <div>your preference</div>	Legumes (mellow), nuts, oil and other seeds	All values per standard serving				
g per item	often	rarely	often	rarely			g	kcal	Prot	Carb	Fat
	<div></div>	<div></div>	<div></div>	<div></div>							
125 g	<div></div>			<div><div>?</div>not ordered</div>		Bamboo shoots	150	27	5	5	0
90 g	<div></div>			<div><div>?</div>not ordered</div>		Bean sprouts	15	5	0	5	0
5 g		<div></div>		<div><div>?</div>not ordered</div>		Cashew	60	355	15	15	30
10 g		<div></div>		<div><div>?</div>not ordered</div>		Chia seeds	30	137	5	15	10
35 g		<div></div>		<div><div>?</div>not ordered</div>		Sweet chestnut	60	118	5	25	5
60 g	<div></div>			<div><div>?</div>not ordered</div>		Peas germinated	15	4	5	0	0
5 g		<div></div>		<div><div>?</div>not ordered</div>		Peanut	100	576	30	10	50
95 g	<div></div>			<div><div>?</div>not ordered</div>		Grain sprouts	15	8	0	5	0
5 g		<div></div>		<div><div>?</div>not ordered</div>		Hazelnut	60	390	10	5	40
20 g		<div></div>		<div><div>?</div>not ordered</div>		Chickpeas	60	161	15	25	5
60 g	<div></div>			<div><div>?</div>not ordered</div>		Chickpeas germinated	15	4	5	0	0
5 g		<div></div>		<div><div>?</div>not ordered</div>		Pumpkin seed	20	113	10	5	10
5 g		<div></div>		<div><div>?</div>not ordered</div>		Flaxseeds	20	89	5	5	10
15 g		<div></div>		<div><div>?</div>not ordered</div>		Lima beans	60	167	15	30	5
15 g		<div></div>		<div><div>?</div>not ordered</div>		Lentils	60	185	15	30	5
65 g	<div></div>			<div><div>?</div>not ordered</div>		Lentils germinated	15	4	5	0	0
10 g		<div></div>		<div><div>?</div>not ordered</div>		Lupine seeds	100	371	40	40	10
80 g	<div></div>			<div><div>?</div>not ordered</div>		Alfalfa sprout	15	4	0	0	0
5 g		<div></div>		<div><div>?</div>not ordered</div>		Macadamia nut	60	418	5	5	45
5 g		<div></div>		<div><div>?</div>not ordered</div>		Mandel	60	353	15	5	35
5 g		<div></div>		<div><div>?</div>not ordered</div>		Poppy	20	97	5	5	10
15 g		<div></div>		<div><div>?</div>not ordered</div>		Mung beans	60	164	15	25	5
5 g		<div></div>		<div><div>?</div>not ordered</div>		Brazil nut	60	412	10	5	45
5 g		<div></div>		<div><div>?</div>not ordered</div>		Pecan nut	60	419	10	5	45
5 g		<div></div>		<div><div>?</div>not ordered</div>		Pine nut	20	115	5	5	10
















































































































































































 Recommendations to lose weight			 Recommendations for healthy nutrition		 your preference	Legumes (mellow), nuts, oil and other seeds	All values per standard serving				
g per item	often	rarely	often	rarely			g	kcal	Prot	Carb	Fat
		 		 							
5 g				? not ordered		Pistachio	60	352	15	10	35
5 g				? not ordered		Sesame	20	114	5	5	10
25 g				? not ordered		Soy bran	10	11	5	5	0
50 g				? not ordered		Say sprouts	15	6	5	5	0
10 g				? not ordered		Sunflower seed	20	96	5	10	5
5 g				? not ordered		Walnut	40	286	10	5	30

 Recommendations to lose weight			 Recommendations for healthy nutrition		 your preference	Mostly animal menu components	All values per standard serving				
g per item	often	rarely	often	rarely			g	kcal	Prot	Carb	Fat
		 		 							
90 g				? not ordered		White bean soup with meat	450	275	25	30	10
25 g				? not ordered		Chicken burger	150	378	15	50	15
45 g				? not ordered		Chilli con carne	250	258	20	15	15
25 g				? not ordered		Chicken cordon bleu	150	300	35	15	15
20 g				? not ordered		Pork cordon bleu	150	329	35	15	15
20 g				? not ordered		Curried sausage with fries	100	184	5	15	15
30 g				? not ordered		Debreziner bean goulash	350	420	25	20	30
25 g				? not ordered		Roasted duck with oranges and sauce	300	507	35	10	35
20 g				? not ordered		Fish and chips	350	931	25	105	50
45 g				? not ordered		Fish roll with tomato sauce	350	301	40	15	15
20 g				? not ordered		Fish sticks	150	380	20	25	25
15 g				? not ordered		Meat pie	350	945	40	60	65






















































































































<div></div> <div>Recommendations to lose weight</div>			<div></div> <div>Recommendations for healthy nutrition</div>		<div></div> <div>your preference</div>	Mostly animal menu components	All values per standard serving				
g per item	often	rarely	often	rarely			g	kcal	Prot	Carb	Fat
	     	     	     	     							
15 g		   		? not ordered		Roast goose with gravy	300	672	50	10	55
40 g				? not ordered		Poultry cream soup	350	340	30	5	25
20 g		  		? not ordered		Poultry croquette	200	378	20	15	30
20 g		  		? not ordered		Chicken salad with pineapple and mushrooms	100	194	20	5	15
50 g	  			? not ordered		Kale stew with cooked sausage	450	365	20	20	25
40 g				? not ordered		Goulash soup canned	150	164	20	5	10
30 g				? not ordered		Herring cooked in tomato sauce	80	98	10	5	10
30 g				? not ordered		Venison stew with red wine	350	508	50	10	30
30 g		 		? not ordered		Hot Dog	115	267	15	30	15
25 g		 		? not ordered		Chicken fricassee with mushrooms	450	693	45	15	55
25 g		 		? not ordered		Sliced veal with curry-garlic sauce	250	433	35	10	30
25 g		 		? not ordered		Filled veal roll, with sauce	200	302	40	5	15
40 g				? not ordered		Veal shoulder braised in cream sauce	200	164	25	5	10
50 g	  			? not ordered		Carrot stew with pork belly	450	365	20	20	25
10 g		    		? not ordered		Cheese souffle	140	424	20	5	40
50 g	  			? not ordered		Stuffed cabbage with meat filling	300	258	20	15	15
25 g		 		? not ordered		Königsberger meatballs	200	388	35	15	25
25 g		 		? not ordered		Herbal pâté	350	588	65	5	40
25 g		 		? not ordered		Lamb meatballs with curry in tomato sauce	200	340	20	15	25
30 g				? not ordered		Lasagna with minced meat	475	665	30	40	45
40 g				? not ordered		Liver dumplings	350	536	40	50	25
25 g		 		? not ordered		Liver pâté	150	294	25	10	20
35 g				? not ordered		Oxtail soup	350	350	15	15	30
40 g				? not ordered		Paprika chicken with sauce	250	263	30	10	15
35 g				? not ordered		Ragout fin	180	236	20	10	15

<div></div> <div>Recommendations to lose weight</div>			<div></div> <div>Recommendations for healthy nutrition</div>		<div></div> <div>your preference</div>	Mostly animal menu components	All values per standard serving				
g per item	often	rarely	often	rarely			g	kcal	Prot	Carb	Fat
	     	     	     	     							
45 g	 			? not ordered		Ravioli stuffed with meat in tomato sauce	200	276	15	30	15
35 g				? not ordered		Beef goulash	400	472	40	10	35
50 g	  			? not ordered		Stewed beef with red wine sauce	350	382	35	10	15
25 g		  		? not ordered		Scrambled eggs	120	193	15	5	15
25 g		 		? not ordered		Cream herring	100	129	10	5	15
15 g		   		? not ordered		Pork with sauce	250	583	35	10	50
25 g		 		? not ordered		Breaded pork cutlet, fried	180	454	35	35	25
20 g		  		? not ordered		Breaded pollock fillet	180	407	35	20	25
70 g	   			? not ordered		Spaghetti Bolognese	250	350	15	55	10
45 g	 			? not ordered		Brawn Berliner style	250	238	25	5	15
35 g				? not ordered		Sushi	400	1224	45	220	20
15 g		    		? not ordered		Dumplings stuffed with cheese and ham	250	803	40	25	65
30 g				? not ordered		Squid fried in beer batter	280	375	45	30	15
35 g				? not ordered		Tomatoes stuffed with minced meat	250	330	30	15	20
40 g				? not ordered		Wild ragout with sauce	250	270	30	10	15
25 g		 		? not ordered		Boar sour sweet	300	522	50	10	35
50 g	 			? not ordered		Game sauce	60	45	5	5	5
45 g	 			? not ordered		Game soup	350	315	35	15	15
15 g				? not ordered		Sausage salad	100	202	10	5	20



























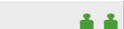


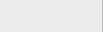

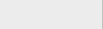
<div></div> <div>Recommendations to lose weight</div>			<div></div> <div>Recommendations for healthy nutrition</div>		<div></div> <div>your preference</div>	Mostly vegetable menu components	All values per standard serving						
g per item	often	rarely	often	rarely			g	kcal	Prot	Carb	Fat		
													
180 g					?	not ordered		Apple cold soup	350	161	0	40	0
15 g					?	not ordered		Apple turnover	250	768	15	75	50
35 g					?	not ordered		Baguette with mozzarella and tomatoes	200	434	20	55	20
50 g					?	not ordered		Bami Goreng	450	689	40	80	25
70 g					?	not ordered		Cauliflower casserole	300	204	10	15	15
60 g					?	not ordered		Bean casserole white	450	473	35	40	20
100 g					?	not ordered		Bean soup green	400	208	10	20	15
55 g					?	not ordered		Bouillabaisse	400	344	35	5	20
145 g					?	not ordered		Broccoli cream soup	300	96	5	10	10
120 g					?	not ordered		Bread soup	400	252	15	30	10
140 g					?	not ordered		Buttermilk cold soup	350	196	15	35	5
50 g					?	not ordered		Champignon cream soup	350	315	20	20	20
15 g					?	not ordered		Champignon pâté	200	514	25	20	40
40 g					?	not ordered		Champignon stuffed	250	315	25	10	20
45 g					?	not ordered		Champignon in batter	200	282	15	30	15
65 g					?	not ordered		Cornflakes with milk and sugar	150	252	10	50	5
85 g					?	not ordered		Vegetarian kebab	350	504	20	85	15
110 g					?	not ordered		Egg gruel	320	122	5	10	10
85 g					?	not ordered		Pea stew	450	297	10	30	15
55 g					?	not ordered		Falafel in pita bread	350	364	30	45	10
any amount					?	not ordered		Fish stock	100	6	0	5	0
60 g					?	not ordered		Tarte flambée	75	136	10	20	5
20 g					?	not ordered		Spring rolls	150	362	15	20	30
150 g					?	not ordered		Spring soup clear	350	168	15	25	5
150 g					?	not ordered		Vegetable broth	300	57	5	5	10














































Recommendations to lose weight			Recommendations for healthy nutrition		your preference	Mostly vegetable menu components	All values per standard serving				
g per item	often	rarely	often	rarely			g	kcal	Prot	Carb	Fat
	      	      	      	      							
55 g	   			? not ordered	Vegetable burger	200	276	10	40	10	
90 g	   			? not ordered	Vegetable stew	350	196	20	10	10	
50 g	   			? not ordered	Yeast dumplings	330	581	20	85	20	
75 g	    			? not ordered	Grains patty	200	250	15	40	10	
40 g				? not ordered	Greek salad	120	110	5	5	10	
45 g	 			? not ordered	Semolina dumplings	30	26	5	5	5	
160 g	      			? not ordered	Green beans in tomato sauce	250	113	5	15	5	
45 g	 			? not ordered	Grain burger	180	256	15	30	15	
60 g	    			? not ordered	Porridge	310	270	15	25	15	
145 g	     			? not ordered	Oatmeal pithy	330	109	5	10	10	
15 g		     		? not ordered	Yeast flakes	5	16	5	5	0	
30 g				? not ordered	Yeast dumplings	180	518	15	85	20	
75 g	    			? not ordered	Yeast cake with plums	540	842	20	155	20	
70 g	    			? not ordered	Light sauce	110	62	5	5	5	
55 g	    			? not ordered	Chicken broth with noodles	330	281	20	15	20	
30 g				? not ordered	Hummus	100	166	10	15	10	
40 g				? not ordered	Italian salad	100	97	10	5	10	
80 g	    			? not ordered	Caramel sauce	60	53	5	10	5	
45 g	 			? not ordered	Potato gratin without cheese	350	417	10	50	25	
40 g				? not ordered	Potato croquettes	250	375	10	45	20	
115 g	     			? not ordered	Mashed potatoes	250	240	10	40	10	
45 g	 			? not ordered	Potato salad with vinegar/oil dressing	250	270	5	30	15	
65 g	    			? not ordered	Potato soup	400	356	15	40	20	
20 g		  		? not ordered	Cheese salad	150	314	20	10	25	
35 g				? not ordered	Cheese sauce	60	67	5	5	5	




















































































































Recommendations to lose weight			Recommendations for healthy nutrition		your preference	Mostly vegetable menu components	All values per standard serving				
g per item	often	rarely	often	rarely			g	kcal	Prot	Carb	Fat
35 g				? not ordered		Cheese noodles	200	492	25	65	20
120 g				? not ordered		Dumplings from boiled potatoes	200	194	10	35	5
25 g				? not ordered		Herb cream sauce	60	94	5	5	10
40 g				? not ordered		Herb sauce	60	58	5	5	5
75 g				? not ordered		Pumpkin cream soup	350	217	10	15	15
85 g				? not ordered		Lentil stew	450	342	20	35	15
75 g				? not ordered		Mangold steamed, in light sauce	100	58	5	5	5
45 g				? not ordered		Swabian ravioli	250	343	30	40	10
40 g				? not ordered		Horseradish sauces from lighter sauce	60	67	5	5	5
85 g				? not ordered		Dumplings	200	278	10	50	10
80 g				? not ordered		Milk cold soup	320	285	10	40	15
125 g				? not ordered		Rice pudding	250	235	10	40	10
45 g				? not ordered		Rice pudding with cream and cherries	200	248	5	30	15
85 g				? not ordered		Milk soup with flour	350	291	15	35	15
65 g				? not ordered		Cereals with milk 3.5%	200	270	15	40	10
90 g				? not ordered		Cereals with milk, sugar and fruit	150	207	10	35	5
60 g				? not ordered		Nasi Goreng	550	677	45	70	30
30 g				? not ordered		Pasta casserole with cheese	350	627	30	60	35
60 g				? not ordered		Pasta salad with vegetables/mayonnaise	350	508	15	75	20
20 g				? not ordered		Omelet	140	249	20	5	20
45 g				? not ordered		Pancake	150	284	10	40	10
35 g				? not ordered		Pepper sauce	100	118	5	10	10
25 g				? not ordered		Mushroom ragout au gratin	250	398	25	5	35
20 g				? not ordered		Pizza al formaggio (with cheese)	250	753	40	70	40
40 g				? not ordered		Pizza al funghi (with mushrooms)	250	498	20	70	20





























































<div></div> <div>Recommendations to lose weight</div>			<div></div> <div>Recommendations for healthy nutrition</div>		<div></div> <div>your preference</div>	Mostly vegetable menu components	All values per standard serving				
g per item	often	rarely	often	rarely			g	kcal	Prot	Carb	Fat
	<div>     </div>	<div>     </div>	<div>     </div>	<div>     </div>							
30 g				? not ordered		Pizza napolitana	250	578	25	75	25
30 g				? not ordered		Pizza salami	250	590	20	80	25
75 g	   			? not ordered		French fries	200	234	5	35	10
135 g	    			? not ordered		Cranberry sauce	60	43	0	10	0
20 g		   		? not ordered		Cream sauce	60	113	5	5	15
75 g	   			? not ordered		Ratatouille	350	189	5	15	15
60 g	   			? not ordered		Brussels sprouts puree	250	195	10	15	15
105 g	    			? not ordered		Beetroot steamed sweet/sour	250	148	5	20	10
70 g	   			? not ordered		Red wine sauce	60	37	0	5	5
70 g	   			? not ordered		Rum sauce	60	61	5	10	5
20 g		   		? not ordered		Cream dressing	60	112	5	5	15
30 g		 		? not ordered		Horseradish cream	60	85	5	5	10
15 g		   		? not ordered		Processed cheese with mushrooms	30	86	5	5	10
75 g	   			? not ordered		Chocolate sauce	60	52	5	10	5
10 g		    		? not ordered		Chocolate waffle	50	267	5	20	20
90 g	   			? not ordered		Potato dumplings	125	160	10	30	5
10 g		    		? not ordered		Seitan	100	370	75	15	5
65 g	   			? not ordered		Braised celery, in light sauce	250	145	5	10	15
50 g	  			? not ordered		Bread dumplings	290	447	20	55	20
35 g				? not ordered		Mustard sauce	60	67	5	5	5
65 g	   			? not ordered		Sauces dark	60	37	0	5	5
90 g	   			? not ordered		Spaghetti with tomato sauce	250	320	15	60	5
60 g	   			? not ordered		Asparagus casserole	550	418	20	30	25
55 g	   			? not ordered		Asparagus cream soup	300	240	15	15	15
25 g		 		? not ordered		Spinach casserole with cheese	300	393	15	5	40
























<div></div> <div>Recommendations to lose weight</div>			<div></div> <div>Recommendations for healthy nutrition</div>		<div></div> <div>your preference</div>	Mostly vegetable menu components	All values per standard serving					
g per item	often	rarely	often	rarely			g	kcal	Prot	Carb	Fat	
	<div></div>	<div></div>	<div></div>	<div></div>								<div></div>
135 g	<div></div>				? not ordered		Soups dark, bound	350	119	15	5	10
145 g	<div></div>				? not ordered		Soups light, bound	350	221	10	30	10
120 g	<div></div>				? not ordered		Clear soups with vegetables.	350	175	10	20	10
80 g	<div></div>				? not ordered		Tagliatelle with tomatoes and parsley	250	320	10	50	10
25 g			<div></div>		? not ordered		Tapioca pearls	100	0	0	90	0
25 g			<div></div>		? not ordered		Tempeh	20	30	5	0	5
60 g	<div></div>				? not ordered		Tofu	100	77	10	5	5
75 g	<div></div>				? not ordered		Tomato cream soup	300	156	5	10	15
25 g			<div></div>		? not ordered		Tomato and mozzarella salad with olive oil	100	159	10	5	15
50 g	<div></div>				? not ordered		Tomato sauce	100	65	5	5	10
150 g	<div></div>				? not ordered		Tomato soup, clear	300	90	10	5	5
55 g	<div></div>				? not ordered		Tzatziki	20	11	5	5	0
85 g	<div></div>				? not ordered		Custard	60	52	5	10	5
50 g	<div></div>				? not ordered		Wholemeal pasta with tomato sauce	250	305	15	35	15
50 g	<div></div>				? not ordered		Whole grain pasta salad with vegetables	330	503	20	70	20
50 g	<div></div>				? not ordered		Whole grain pizza with vegetables	230	331	20	40	15
80 g	<div></div>				? not ordered		Wax beans steamed	250	155	5	15	10
60 g	<div></div>				? not ordered		Sabayon sauce	60	118	5	20	5
110 g	<div></div>				? not ordered		White beans in tomato sauce	250	173	15	25	5
50 g	<div></div>				? not ordered		White wine sauce	100	95	5	5	10
115 g	<div></div>				? not ordered		Semolina porridge	320	109	5	10	10
100 g	<div></div>				? not ordered		Savoy cabbage with cheese sauce	100	54	5	5	5
30 g			<div></div>		? not ordered		Zucchini cream sauce	60	72	5	5	10
85 g	<div></div>				? not ordered		Plum dumplings with sugar/cinnamon	200	284	5	50	10
30 g			<div></div>		? not ordered		Onion tart	215	368	15	40	20











































































































 Recommendations to lose weight			 Recommendations for healthy nutrition			 your preference	<div>Mostly vegetable menu components</div> <div>All values per standard serving</div>					
g per item	often	rarely	often	rarely	g			kcal	Prot	Carb	Fat	
	                                           											









































































































<div></div> <div>Recommendations to lose weight</div>			<div></div> <div>Recommendations for healthy nutrition</div>		<div></div> <div>your preference</div>	Milk, milk products and cheese	All values per standard serving				
g per item	often	rarely	often	rarely			g	kcal	Prot	Carb	Fat
	<div></div>	<div></div>	<div></div>	<div></div>							
15 g		<div></div>		? not ordered		Feta	30	85	5	0	10
15 g		<div></div>		? not ordered		Cream cheese	30	101	5	5	10
15 g		<div></div>		? not ordered		Gorgonzola	30	107	10	0	10
15 g		<div></div>		? not ordered		Gouda	30	109	10	0	10
15 g		<div></div>		? not ordered		Grill and pan cheese (Halloumi)	100	378	30	0	30
150 g	<div></div>			? not ordered		Oat milk	100	109	0	5	5
20 g		<div></div>		? not ordered		Hard cheese	30	88	10	0	5
20 g		<div></div>		? not ordered		Hard cheese 10% fat	30	50	15	0	0
15 g		<div></div>		? not ordered		Hard cheese min. 30% fat	30	112	15	0	10
15 g		<div></div>		? not ordered		Hard cheese min. 45% fat	30	113	10	0	10
15 g		<div></div>		? not ordered		Hard cheese min. 50% fat	30	119	10	0	10
25 g		<div></div>		? not ordered		Hazelnut milk	100	176	5	5	20
50 g	<div></div>			? not ordered		Cottage cheese	30	31	5	5	5
175 g	<div></div>			? not ordered		Yogurt 1% fat	150	56	5	10	0
170 g	<div></div>			? not ordered		Yogurt 1.5% fat	150	74	5	10	5
40 g	<div></div>			? not ordered		Yogurt 10% fat	150	177	5	10	15
100 g	<div></div>			? not ordered		Yogurt 3.5% fat	150	104	10	10	10
35 g		<div></div>		? not ordered		Coffee cream 10% fat	5	6	0	0	5
20 g		<div></div>		? not ordered		Coffee cream 20% fat	5	10	0	0	5
15 g		<div></div>		? not ordered		Coffee cream 30% fat	5	14	0	0	5
105 g	<div></div>			? not ordered		Kefir	150	98	5	5	5
45 g	<div></div>			? not ordered		Cooked cheese	30	37	5	5	5
45 g	<div></div>			? not ordered		Condensed milk, sweetened	15	48	5	10	5
180 g	<div></div>			? not ordered		Cow milk 1.5% fat	150	72	5	10	5
105 g	<div></div>			? not ordered		Cow milk 3.5% fat	150	98	5	10	5

<div></div> <div>Recommendations to lose weight</div>			<div></div> <div>Recommendations for healthy nutrition</div>		<div></div> <div>your preference</div>	Milk, milk products and cheese	All values per standard serving				
g per item	often	rarely	often	rarely			g	kcal	Prot	Carb	Fat
	<div></div>	<div></div>									










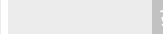

<div></div> <div>Recommendations to lose weight</div>			<div></div> <div>Recommendations for healthy nutrition</div>		<div></div> <div>your preference</div>	Milk, milk products and cheese	All values per standard serving				
g per item	often	rarely	often	rarely			g	kcal	Prot	Carb	Fat
											
15 g				? not ordered		Processed cheese	30	98	5	0	10
20 g				? not ordered		Processed cheese with spices	30	86	5	5	10
260 g				? not ordered		Soy milk	100	48	5	10	5
40 g				? not ordered		Soy cream	30	41	0	5	5
15 g				? not ordered		Tilsit	30	106	10	0	10
15 g				? not ordered		Quadrangle hard cheese	30	115	10	0	10
20 g				? not ordered		Soft cheese	30	83	10	0	10
95 g				? not ordered		Goat milk	150	101	10	10	10




























<div></div> <div>Recommendations to lose weight</div>			<div></div> <div>Recommendations for healthy nutrition</div>		<div></div> <div>your preference</div>	Deep sea fish, fresh water fish, crustaceans, shellfishes, mollusks	All values per standard serving				
g per item	often	rarely	often	rarely			g	kcal	Prot	Carb	Fat
	<div></div>	<div></div>	<div></div>	<div></div>							
10 g		<div></div>		? not ordered		Eel	150	417	25	0	40
40 g	<div></div>			? not ordered		Oyster	100	67	10	5	5
20 g		<div></div>		? not ordered		Perch	150	123	30	0	5
20 g		<div></div>		? not ordered		Perch marinated	65	80	15	5	5
5 g		<div></div>		? not ordered		Cod liver	150	920	10	5	100
25 g		<div></div>		? not ordered		Flounder	150	110	25	0	5
25 g		<div></div>		? not ordered		Crayfish	100	70	15	5	0
20 g		<div></div>		? not ordered		Trout	150	155	30	0	5
20 g		<div></div>		? not ordered		Shrimp	100	92	20	5	5
20 g		<div></div>		? not ordered		Shrimp marinated	65	86	15	5	5























 Recommendations to lose weight			 Recommendations for healthy nutrition		 your preference	Deep sea fish, fresh water fish, crustaceans, shellfishes, mollusks	All values per standard serving				
g per item	often	rarely	often	rarely							
	      	     	      	     							
15 g		   		? not ordered	Yellowfin tuna.	150	227	35	0	10	
20 g		  		? not ordered	Pike	150	123	30	0	5	
20 g		  		? not ordered	Halibut	150	144	30	0	5	
15 g		   		? not ordered	Herring	150	347	30	0	30	
10 g		     		? not ordered	Herring marinated	140	360	25	5	30	
25 g		 		? not ordered	Lobster	100	83	20	5	5	
30 g				? not ordered	Scallops	100	77	15	10	5	
20 g		  		? not ordered	Cod	150	117	30	0	5	
20 g		  		? not ordered	Carp	150	174	30	0	10	
25 g		  		? not ordered	Carp marinated	100	153	20	5	10	
25 g		 		? not ordered	Catfish	150	120	25	0	5	
35 g				? not ordered	Clam	100	65	15	5	5	
20 g		  		? not ordered	Crab marinated	150	197	25	5	10	
20 g		  		? not ordered	Crabs	100	91	20	5	5	
20 g		  		? not ordered	Salmon	150	270	30	0	20	
15 g		    		? not ordered	Salmon marinated	150	317	30	5	25	
20 g		  		? not ordered	Crawfish	100	85	20	5	5	
20 g		  		? not ordered	Shad	150	215	30	0	15	
20 g		  		? not ordered	Mackerel	150	272	30	0	20	
15 g		    		? not ordered	Mackerel marinated	100	212	20	5	20	
10 g		     		? not ordered	Dutch herring	150	398	25	0	35	
35 g				? not ordered	Mussel	100	70	15	5	5	
25 g		 		? not ordered	Pangasius	100	77	15	0	5	
25 g		 		? not ordered	Scallop	100	74	20	5	0	
20 g		  		? not ordered	Pickled herring canned	50	70	5	0	5	











<div>Recommendations to lose weight</div>			<div>Recommendations for healthy nutrition</div>		<div>your preference</div>	Deep sea fish, fresh water fish, crustaceans, shellfishes, mollusks	All values per standard serving				
g per item	often	rarely	often	rarely							
	<div></div>	<div></div>	<div></div>	<div></div>							
20 g		<div></div>		<div>? not ordered</div>	Redfish	150	159	30	0	5	
15 g		<div></div>		<div>? not ordered</div>	Bluefin tuna	150	207	35	0	10	
25 g		<div></div>		<div>? not ordered</div>	Lemon sole	150	110	25	0	5	
20 g		<div></div>		<div>? not ordered</div>	Anchovy	150	153	30	0	5	
20 g		<div></div>		<div>? not ordered</div>	Anchovy canned	65	92	15	5	5	
20 g		<div></div>		<div>? not ordered</div>	Sardine	150	179	30	0	10	
20 g		<div></div>		<div>? not ordered</div>	Haddock	150	117	30	0	5	
20 g		<div></div>		<div>? not ordered</div>	Shield mackerel	150	171	30	0	10	
20 g		<div></div>		<div>? not ordered</div>	Tench	150	117	30	0	5	
20 g		<div></div>		<div>? not ordered</div>	Plaice	150	129	30	0	5	
20 g		<div></div>		<div>? not ordered</div>	Greenland halibut	150	215	20	0	15	
20 g		<div></div>		<div>? not ordered</div>	Swordfish	150	177	30	0	10	
20 g		<div></div>		<div>? not ordered</div>	Hake	150	141	30	0	5	
20 g		<div></div>		<div>? not ordered</div>	Pollock	150	150	30	0	5	
20 g		<div></div>		<div>? not ordered</div>	Pollock marinated	65	90	15	5	5	
25 g		<div></div>		<div>? not ordered</div>	Monkfish	150	99	25	0	5	
20 g		<div></div>		<div>? not ordered</div>	Sole	150	125	30	0	5	
15 g		<div></div>		<div>? not ordered</div>	Sprat	150	321	25	0	25	
20 g		<div></div>		<div>? not ordered</div>	Turbot	150	125	25	0	5	
45 g	<div></div>			<div>? not ordered</div>	Surimi (crab meat imitation)	100	114	10	15	5	
15 g		<div></div>		<div>? not ordered</div>	Tuna	150	336	35	0	25	
25 g		<div></div>		<div>? not ordered</div>	Octopus	150	123	25	5	5	
30 g		<div></div>		<div>? not ordered</div>	Clam	100	77	15	10	5	
20 g		<div></div>		<div>? not ordered</div>	Albacore	150	264	35	0	15	
20 g		<div></div>		<div>? not ordered</div>	Catfish	150	243	25	0	20	


























































































































































<div></div> <div>Recommendations to lose weight</div>			<div></div> <div>Recommendations for healthy nutrition</div>		<div></div> <div>your preference</div>	Deep sea fish, fresh water fish, crustaceans, shellfishes, mollusks	All values per standard serving				
g per item	often	rarely	often	rarely			g	kcal	Prot	Carb	Fat
	<div></div>	<div></div>	<div></div> <div></div>	<div></div>							
20 g		<div></div>		<div></div> <div></div> <div>not ordered</div>		Sander	150	126	30	0	5

















 Recommendations to lose weight			 Recommendations for healthy nutrition		 your preference	Sausage, embutidos	All values per standard serving				
g per item	often	rarely	often	rarely							
			 	 				g	kcal	Prot	Carb
10 g				? not ordered		Berliner sausages	30	98	5	0	10
30 g				? not ordered		Beer ham sausage/ham pâté	30	52	5	5	5
15 g				? not ordered		Bockwurst	115	312	15	0	30
15 g				? not ordered		Bratwurst/RhinelandBratwurst	150	408	20	0	40
10 g				? not ordered		Cervelatwurst	30	117	10	0	10
25 g				? not ordered		Corned Beef	30	42	10	0	5
30 g				? not ordered		Meatloaf	125	188	25	0	10
20 g				? not ordered		Foie gras	30	75	10	5	5
15 g				? not ordered		Foie roll	80	192	15	5	20
25 g				? not ordered		Poultry bratwurst	100	115	25	0	5
90 g				? not ordered		Vegetable aspic	30	11	5	5	0
20 g				? not ordered		Stag pâté	30	68	10	0	5
20 g				? not ordered		Jagdwurst	30	61	5	0	5
25 g				? not ordered		Veal aspic	30	33	10	0	5
10 g				? not ordered		Veal sausage	125	401	20	0	40
25 g				? not ordered		Kassel	30	32	10	0	5
15 g				? not ordered		Polish Colbassa	30	92	5	0	10

 Recommendations to lose weight			 Recommendations for healthy nutrition		 your preference	Sausage, embutidos	All values per standard serving				
g per item	often	rarely	often	rarely			g	kcal	Prot	Carb	Fat
											
30 g				? not ordered		Rolled fillet of ham	200	232	40	5	10
15 g				? not ordered		Liver sausage	30	86	5	0	10
10 g				? not ordered		Lyon sausage	125	383	15	0	40
15 g				? not ordered		Sausage coarse	30	88	10	0	10
30 g				? not ordered		Smoked meat	30	39	5	0	5
30 g				? not ordered		Beef cured meat smoked	30	41	5	0	5
20 g				? not ordered		Beef aspic	30	42	10	0	5
10 g				? not ordered		Salami	30	113	10	5	10
15 g				? not ordered		Ham roll	30	83	10	0	10
15 g				? not ordered		Ham sausage	30	92	5	0	10
25 g				? not ordered		Pork bacon	30	46	10	0	5
10 g				? not ordered		Pork bacon smoked	30	96	5	0	10
10 g				? not ordered		Sausage spread	30	137	5	0	15
15 g				? not ordered		White sausage	125	371	15	5	35
15 g				? not ordered		Wiener sausages	70	183	10	0	20





















































































 Recommendations to lose weight			 Recommendations for healthy nutrition		 your preference	Beef, calf, pork, mutton and lamb meat	All values per standard serving				
g per item	often	rarely	often	rarely			g	kcal	Prot	Carb	Fat
											
10 g				? not ordered		Mutton breast	100	376	15	0	40
10 g				? not ordered		Mutton chop	100	343	15	0	35
20 g				? not ordered		Veal belly	125	298	25	0	25






















<div> Recommendations to lose weight</div>			<div> Recommendations for healthy nutrition</div>			<div> your preference</div>	Beef, calf, pork, mutton and lamb meat	All values per standard serving				
g per item	often	rarely	often	rarely	g			kcal	Prot	Carb	Fat	
	                                                                  											









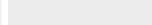


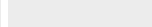


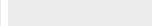


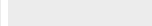

 Recommendations to lose weight			 Recommendations for healthy nutrition		 your preference	Beef, calf, pork, mutton and lamb meat	All values per standard serving				
g per item	often	rarely	often	rarely							
	     	      	      	      			g	kcal	Prot	Carb	Fat
25 g		 		? not ordered		Beef leg	150	182	35	0	10
30 g				? not ordered		Beef chop	150	240	30	0	15
30 g				? not ordered		Beef neck	150	240	30	0	15
25 g		 		? not ordered		Beef olives	125	156	30	0	10
15 g		    		? not ordered		Beef oxtail	150	441	35	0	35
25 g		 		? not ordered		Beef roll	150	182	35	0	10
25 g		 		? not ordered		Beef back	125	163	30	0	10
25 g		 		? not ordered		Beef escalope	125	151	30	0	5
30 g		 		? not ordered		Beef shoulder	125	161	25	0	10
25 g		 		? not ordered		Beef steak	150	219	35	0	10
20 g		  		? not ordered		Sheep belly	125	290	25	0	25
30 g				? not ordered		Sheep breast	125	204	25	0	15
30 g		 		? not ordered		Sheep filet	125	141	30	0	5
30 g				? not ordered		Sheep goulash	150	209	30	0	10
25 g		 		? not ordered		Sheep knuckle	125	244	25	0	20
20 g		  		? not ordered		Sheep chop	150	318	30	0	25
30 g				? not ordered		Sheep neck	125	216	25	0	15
25 g		 		? not ordered		Sheep roll	150	293	30	0	20
25 g		 		? not ordered		Sheep escalope	150	293	30	0	20
30 g				? not ordered		Sheep shoulder	125	174	25	0	10
25 g		 		? not ordered		Sheep steak	150	302	30	0	25
15 g		    		? not ordered		Pork belly	150	389	30	0	35
20 g		  		? not ordered		Pork breast	150	362	25	0	30
25 g		 		? not ordered		Pork filet	125	134	30	0	5
20 g				? not ordered		Pork goulash	150	326	30	0	25

<div></div> <div>Recommendations to lose weight</div>			<div></div> <div>Recommendations for healthy nutrition</div>		<div></div> <div>your preference</div>	Beef, calf, pork, mutton and lamb meat	All values per standard serving				
g per item	often	rarely	often	rarely			g	kcal	Prot	Carb	Fat
	<div></div>	<div></div>	<div></div>	<div></div>							
15 g		<div></div>		? not ordered		Pork minced meat	100	276	20	0	25
30 g		<div></div>		? not ordered		Pork knuckle	175	312	40	0	20
25 g		<div></div>		? not ordered		Pork leg	125	170	30	0	10
25 g		<div></div>		? not ordered		Pork chop	150	200	35	0	10
25 g		<div></div>		? not ordered		Pork loin	150	161	35	0	5
25 g		<div></div>		? not ordered		Pork neck	150	294	30	0	25
25 g		<div></div>		? not ordered		Pork roll	150	204	35	0	10
25 g		<div></div>		? not ordered		Pork escalop	125	134	30	0	5
20 g		<div></div>		? not ordered		Pork shoulder	150	326	30	0	25
15 g		<div></div>		? not ordered		Pork trotter	125	416	20	0	40
25 g		<div></div>		? not ordered		Pork steak	150	200	35	0	10




























































































































































<div></div> <div>Recommendations to lose weight</div>			<div></div> <div>Recommendations for healthy nutrition</div>		<div></div> <div>your preference</div>	Wild game, poultry, game birds, giblets	All values per standard serving				
g per item	often	rarely	often	rarely			g	kcal	Prot	Carb	Fat
	<div></div>	<div></div>	<div></div>	<div></div>							
30 g		<div></div>		<div>? not ordered</div>		Deer liver	125	171	25	5	10
20 g		<div></div>		<div>? not ordered</div>		Duck meat with skin	150	338	30	0	30
30 g		<div></div>		<div>? not ordered</div>		Duck meat without skin	150	179	30	0	10
30 g		<div></div>		<div>? not ordered</div>		Duck liver	125	164	25	5	10
20 g		<div></div>		<div>? not ordered</div>		Duck leg	150	374	25	0	35
25 g		<div></div>		<div>? not ordered</div>		Pheasant	150	231	40	0	10
20 g		<div></div>		<div>? not ordered</div>		Piglets	150	347	30	0	30

















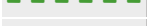
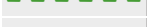










<div>Recommendations to lose weight</div>			<div>Recommendations for healthy nutrition</div>			<div>your preference</div>	Wild game, poultry, game birds, giblets	All values per standard serving				
g per item	often	rarely	often	rarely	g			kcal	Prot	Carb	Fat	
	<div></div>	<div></div>										



















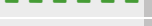
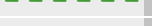

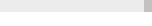
<div></div> <div>Recommendations to lose weight</div>			<div></div> <div>Recommendations for healthy nutrition</div>			<div></div> <div>your preference</div>	Wild game, poultry, game birds, giblets	All values per standard serving				
g per item	often	rarely	often	rarely	g			kcal	Prot	Carb	Fat	
	<div></div>	<div></div>	<div></div>	<div></div>								
25 g		<div></div>		? not ordered		Deer	150	183	35	0	5	
35 g		<div></div>		? not ordered		Beef hart	125	155	25	5	10	
30 g		<div></div>		? not ordered		Beef liver	125	165	25	10	5	
25 g		<div></div>		? not ordered		Beef tongue	125	275	20	5	20	
40 g	<div></div>			? not ordered		Sheep sweetbreads	125	115	20	0	5	
35 g		<div></div>		? not ordered		Sheep hart	125	201	25	5	15	
30 g		<div></div>		? not ordered		Sheep liver	125	160	30	5	5	
45 g	<div></div>			? not ordered		Snails	50	35	10	5	5	
35 g		<div></div>		? not ordered		Pork hart	125	116	25	5	5	
30 g		<div></div>		? not ordered		Pork liver	125	163	30	5	10	
35 g		<div></div>		? not ordered		Pork tongue	125	200	25	5	15	
30 g		<div></div>		? not ordered		Pigeon	150	254	35	0	15	
30 g		<div></div>		? not ordered		Boar	125	201	25	0	15	
30 g		<div></div>		? not ordered		Goat	150	224	30	0	15	











<div></div> <div>Recommendations to lose weight</div>			<div></div> <div>Recommendations for healthy nutrition</div>		<div></div> <div>your preference</div>	Oils, fats, butter, lard	All values per standard serving				
g per item	often	rarely	often	rarely			g	kcal	Prot	Carb	Fat
	<div></div>	<div></div>	<div></div>	<div></div>							
5 g		<div></div>	<div></div>	<div></div>		Butter	20	148	0	0	20
5 g		<div></div>	<div></div>	<div></div>		Concentrated butter	10	88	0	0	10
5 g		<div></div>	<div></div>	<div></div>		Safflower oil	15	106	0	0	15
5 g		<div></div>	<div></div>	<div></div>		Peanut oil	15	106	0	0	15





































































<div></div> <div>Recommendations to lose weight</div>			<div></div> <div>Recommendations for healthy nutrition</div>		<div></div> <div>your preference</div>	Oils, fats, butter, lard	All values per standard serving				
g per item	often	rarely	often	rarely			g	kcal	Prot	Carb	Fat
	<div></div>	<div></div>	<div></div>	<div></div>							
5 g		<div></div>	<div> not ordered</div>		Cocoa butter	20	177	0	0	20	
5 g		<div></div>	<div> not ordered</div>		Coconut fat	20	177	0	0	20	
5 g		<div></div>	<div> not ordered</div>		Pumpkin seed oil	15	106	0	0	15	
5 g		<div></div>	<div> not ordered</div>		Linseed oil	15	106	0	0	15	
5 g		<div></div>	<div> not ordered</div>		Corn oil	15	106	0	0	15	
5 g		<div></div>	<div> not ordered</div>		Margarine	20	142	0	0	20	
5 g		<div></div>	<div> not ordered</div>		Mayonnaise 80% fat	25	186	0	5	25	
5 g		<div></div>	<div> not ordered</div>		Nutmeg butter	20	176	0	0	20	
5 g		<div></div>	<div> not ordered</div>		Olive oil	15	106	0	0	15	
5 g		<div></div>	<div> not ordered</div>		Palm oil	15	106	0	0	15	
5 g		<div></div>	<div> not ordered</div>		Rapeseed oil	15	106	0	0	15	
5 g		<div></div>	<div> not ordered</div>		Sesame oil	15	106	0	0	15	
5 g		<div></div>	<div> not ordered</div>		Shea butter	20	177	0	0	20	
5 g		<div></div>	<div> not ordered</div>		Soybean oil	15	106	0	0	15	
5 g		<div></div>	<div> not ordered</div>		Sunflower oil	15	106	0	0	15	
5 g		<div></div>	<div> not ordered</div>		Cream butter	20	147	0	0	20	
5 g		<div></div>	<div> not ordered</div>		Walnut oil	15	106	0	0	15	
5 g		<div></div>	<div> not ordered</div>		Wheat germ oil	15	106	0	0	15	

Recommendations to lose weight			Recommendations for healthy nutrition		your preference	Non-alcoholic beverages (coffee, tea, soft drinks)	All values per standard serving				
g per item	often	rarely	often	rarely							
									g	kcal	Prot
any amount				? not ordered		Bancha tea	125	0	0	0	0
320 g				? not ordered		Beer non-alcoholic	330	86	5	20	0
135 g				? not ordered		Cappuccino	150	57	5	10	5
135 g				? not ordered		Cola beverage	250	141	0	35	0
any amount				? not ordered		Cola drink (low calorie)	200	8	0	5	0
any amount				? not ordered		Iced Tea lemon	200	20	0	5	0
any amount				? not ordered		Espresso	25	1	0	0	0
any amount				? not ordered		Filter coffee	150	3	0	0	0
any amount				? not ordered		Fruit tea	125	1	0	0	0
65 g				? not ordered		Hot chocolate	100	131	5	25	5
380 g				? not ordered		Isotonic drink	200	38	0	10	0
430 g				? not ordered		Isotonic drink (low calorie)	200	38	0	10	0
585 g				? not ordered		Coconut water	60	6	0	5	0
any amount				? not ordered		Herbal tea	125	1	0	0	0
165 g				? not ordered		Latte Macchiato	125	55	5	5	5
205 g				? not ordered		Lemonade-herbs	200	72	0	20	0
245 g				? not ordered		Lemonade-lemon	200	58	0	15	0
245 g				? not ordered		Lemonade-orange	200	58	0	15	0
any amount				? not ordered		Matcha tea	125	0	0	0	0
any amount				? not ordered		Mate tea	150	0	0	0	0
130 g				? not ordered		Multi fruit nectar	200	114	0	30	0
220 g				? not ordered		Multi fruit juice	200	76	5	20	0
145 g				? not ordered		Orange juice	100	54	0	15	0
any amount				? not ordered		Mint tea	125	1	0	0	0
380 g				? not ordered		Juice spritzer pineapple	200	44	0	10	0

 Recommendations to lose weight			 Recommendations for healthy nutrition		 your preference	Non-alcoholic beverages (coffee, tea, soft drinks)	All values per standard serving				
g per item	often	rarely	often	rarely			g	kcal	Prot	Carb	Fat
											
230 g				? not ordered		Juice spritzer apple	200	66	0	15	0
any amount				? not ordered		Juice spritzer grapefruit	200	10	0	5	0
285 g				? not ordered		Juice spritzer currant	200	56	0	15	0
any amount				? not ordered		Juice spritzer carrots	200	24	0	5	0
345 g				? not ordered		Juice spritzer - orange	200	50	0	10	0
130 g				? not ordered		Juice spritzer - peach / passion fruit	200	126	5	30	0
any amount				? not ordered		Juice spritzer - lemon	200	6	0	5	0
335 g				? not ordered		Sparkling wine nonalcoholic	100	25	0	5	0
any amount				? not ordered		Sencha tea	125	0	0	0	0
115 g				? not ordered		Soy drink	150	41	5	5	5
any amount				? not ordered		Tea green	125	0	0	0	0
any amount				? not ordered		Tea black	125	0	0	0	0
any amount				? not ordered		Tea black with milk	125	3	0	0	0
110 g				? not ordered		Turkish mocha	100	69	0	20	0
any amount				? not ordered		Water and mineral water	200	0	0	0	0

 Recommendations to lose weight			 Recommendations for healthy nutrition		 your preference	Alcoholic beverages (beer, wine, spirits)	All values per standard serving				
g per item	often	rarely	often	rarely			g	kcal	Prot	Carb	Fat
											
70 g				? not ordered		Beer dark	330	122	5	10	0
65 g				? not ordered		Beer light	330	129	5	10	0
60 g				? not ordered		Beer Pils light	330	139	5	10	0

Recommendations to lose weight			Recommendations for healthy nutrition		your preference	Alcoholic beverages (beer, wine, spirits)	All values per standard serving				
g per item	often	rarely	often	rarely			g	kcal	Prot	Carb	Fat
	     	    	     	     							
15 g		   		? not ordered		Brands from sugarcane	20	46	0	0	0
30 g				? not ordered		Champagne	100	83	0	5	0
15 g		    		? not ordered		Cognac	20	47	0	0	0
10 g		    		? not ordered		Gin	20	52	0	0	0
60 g	   			? not ordered		Fruit wine	130	53	0	5	0
40 g				? not ordered		Red wine light	130	88	0	5	0
40 g				? not ordered		Red wine medium	130	88	0	5	0
30 g				? not ordered		Red wine heavy	130	107	0	5	0
15 g		   		? not ordered		Rum	20	46	0	0	0
30 g				? not ordered		Sparkling wine	100	83	0	5	0
25 g		 		? not ordered		Sherry	50	59	0	5	0
30 g				? not ordered		Wine rose	100	88	0	5	0
35 g				? not ordered		White wine medium dry	130	95	0	5	0
25 g		 		? not ordered		White wine sweet	130	127	0	10	0
35 g				? not ordered		White wine dry	130	94	0	0	0
10 g		    		? not ordered		Whiskey	20	49	0	0	0
15 g		   		? not ordered		Vodka	20	46	0	0	0



**BODY WEIGHT GENES**

**YOUR NUTRITION TYPE TO LOSE WEIGHT**

**YOUR SPORTS TYPE FOR LOSING WEIGHT**

**YOUR WEIGHT LOSS PROGRAM**

**YOUR SPORTS PROGRAM TO LOSE WEIGHT**

**NUTRITION GENES**

*Nutrition Sensor - Not ordered*

**DETOXIFICATION**

*Nutrition Sensor - Not ordered*

**FOOD INGREDIENTS**

*Nutrition Sensor - Not ordered*

**DIETARY SUPPLEMENT**

*Nutrition Sensor - Not ordered*

**FOOD LIST**

**ADDITIONAL INFORMATION**

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# You need additional advice?

For an additional consultation via telephone or Skype, we can recommend the nutritional adviser, Mrs. Mariella Schmid of Mission Nutrition.

**If interested  
contact us  
directly at:**

**Mariella Schmid, MSc**

**Skype: Mariella.Schmid.MSc**

**Email: mariella@mission-nutrition.at**

Price: €50,-/60 min



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# SCIENCE

This chapter shows the science behind the test.



# The science of genes and excessive weight

**So far, several genes have been identified that affect body weight and determine which diet will be most effective for an individual.**

We have examined each of those genes in your analysis. Our method examines specific regions of genes, called SNPs, for traits that determine your predisposition to becoming overweight and the best weight loss strategy.

## Summary of the science

This genetic analysis is supported by unusually strong scientific evidence. The genes have already been examined in numerous scientific studies such as more than 7500 studies on the PPARC gene, 167 studies on the FABP2 gene, 6897 studies on the ADRB2 gene and 493 studies on FTO. This genetic weight loss program is based on the 53 most important studies examining the effect of genes on weight loss and nutrition. This genetic test analysed 8 genetic variations that have different effects on the body and is one of the most comprehensive genetic tests of this kind worldwide. As there are 53 different scientific studies involved in this program, this short review focuses on the most important claims only:

- Genetic polymorphisms cause people to react in different ways to the fat and the carbohydrates they eat. It is helpful to only eat amounts of fat and carbohydrates that work best with your genetic profile.
- People following a weight loss program adapted to their genetic profile tend to show a 2.5 times greater weight loss success than people following a standard dieting program.
- Genetic polymorphisms influence how the body responds to exercise for weight loss.
- Genetic differences influence how the body reacts to calorie reduction for losing weight.

The program detects the genetic programming, adjusts the calorie distribution accordingly and sets the focus on the strategy that yields the best results. More exercise or fewer calories? The aim of this section is to provide evidence for each of these statements, and to set the scientific basis of this program.

## Statement 1

**People react differently to the fat content of their diet. The adjustment of the fat content in the diet may have a positive impact.**

One very interesting study with 720 subjects (Robitaille et al., Clin Genet 63: 109-116, 2003) showed that only people with an unfavorable variant of the PPARC gene (Pro12Ala) gained weight on a high-fat diet. This genetic impact has been confirmed in an independent study by another research group (Memisoglu et al., Human Molecular Genetics 12: 2923-2929, 2001). Thus, a genetic analysis can predict the body's response to a high-fat or low-fat diet.

## 16 Publications

- <http://www.jbc.org/content/276/43/39679.long> J Biol Chem. 2001 Oct 26;276(43):39679-84. Epub 2001 Aug 3. The polymorphism at codon 54 of the FABP2 gene increases fat absorption in human intestinal explants. Levy E, Ménard D, Delvin E, Stan S, Mitchell G, Lambert M, Ziv E, Feoli-Fonseca JC, Seidman E.
- <http://ajcn.nutrition.org/content/90/6/1483.long> Am J Clin Nutr. 2009 Dec;90(6):1483-8. Epub 2009 Oct 14. The FTO gene rs9939609 obesity-risk allele and loss of control over eating. Tanofsky-Kraff M, Han JC, Anandalingam K, Shomaker LB, Columbo KM, Wolkoff LE, Kozlosky M, Elliott C, Ranzienhofer LM, Roza CA, Yanovski SZ, Yanovski JA.
- <http://ajcn.nutrition.org/content/90/5/1418.long> Am J Clin Nutr. 2009 Nov;90(5):1418-25. Epub 2009 Sep 2. Fat and carbohydrate intake modify the association between genetic variation in the FTO genotype and obesity. Sonestedt E, Roos C, Gullberg B, Ericson U, Wirfält E, Orho-Melander M.
- <http://www.ncbi.nlm.nih.gov/pubmed/?term=19901143> Arch Intern Med. 2009 Nov 9;169(20):1897-906. APOA2, dietary fat, and body mass index: replication of a gene-diet interaction in 3 independent populations. Corella D, Peloso G, Arnett DK, Demissie S, Cupples LA, Tucker K, Lai CQ,



Parnell LD, Coltell O, Lee YC, Ordovas JM.

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- <http://www.ncbi.nlm.nih.gov/pubmed/?term=17378725> Clin Chem Lab Med. 2007;45(3):316-20. Polymorphisms in the APOA1/C3/A4/A5 gene cluster and cholesterol responsiveness to dietary change. Hubacek JA, Bohuslavova R, Skodova Z, Pitha J, Bobkova D, Poledne R.
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- <http://www.ncbi.nlm.nih.gov/pubmed/?term=21179003> Int J Obes (Lond). 2011 Aug;35(8):1041-9. doi: 10.1038/ijo.2010.263. Epub 2010 Dec 21. Association between fat intake, physical activity and mortality depending on genetic variation in FTO. Sonestedt E, Gullberg B, Ericson U, Wirfält E, Hedblad B, Orho-Melander M.
- <http://www.ncbi.nlm.nih.gov/pubmed/?term=20975728> Int J Obes (Lond). 2011 May;35(5):666-75. Epub 2010 Oct 26. Association between the APOA2 promoter polymorphism and body weight in Mediterranean and Asian populations: replication of a gene-saturated fat interaction. Corella D, Tai ES, Sorlí JV, Chew SK, Coltell O, Sotos-Prieto M, García-Ríos A, Estruch R, Ordovas JM.
- <http://www.jlr.org/content/41/12/2002>.long J Lipid Res. 2000 Dec;41(12):2002-8. Effects of an Ala54Thr polymorphism in the intestinal fatty acid-binding protein on responses to dietary fat in humans. Pratley RE, Baier L, Pan DA, Salbe AD, Storlien L, Ravussin E, Bogardus C.
- <http://www.ncbi.nlm.nih.gov/pubmed/?term=17211608> J Mol Med (Berl). 2007 Feb;85(2):119-28. Epub 2007 Jan 9. APOA5 gene variation modulates the effects of dietary fat intake on body mass index and obesity risk in the Framingham Heart Study. Corella D, Lai CQ, Demissie S, Cupples LA, Manning AK, Tucker KL, Ordovas JM.
- <http://jn.nutrition.org/content/139/12/2301>.long J Nutr. 2009 Dec;139(12):2301-8. Epub 2009 Oct 14. Apolipoprotein A5 polymorphisms interact with total dietary fat intake in association with markers of metabolic syndrome in Puerto Rican older adults. Mattei J, Demissie S, Tucker KL, Ordovas JM.
- <http://jn.nutrition.org/content/141/12/2219>.long J Nutr. 2011 Dec;141(12):2219-25. Epub 2011 Nov 2. A High Intake of Saturated Fatty Acids Strengthens the Association between the Fat Mass and Obesity-Associated Gene and BMI. Corella D, Arnett DK, Tucker KL, Kabagambe EK, Tsai M, Parnell LD, Lai CQ, Lee YC, Warodomwicht D, Hopkins PN, Ordovas JM.
- <http://jn.nutrition.org/content/141/3/380>.long J Nutr. 2011 Mar;141(3):380-5. Epub 2011 Jan 5. APOA5 gene variation interacts with dietary fat intake to modulate obesity and circulating triglycerides in a Mediterranean population. Sánchez-Moreno C, Ordovás JM, Smith CE, Baraza JC, Lee YC, Garaulet M.
- <http://www.ncbi.nlm.nih.gov/pubmed/?term=16311100> Metabolism. 2005 Dec;54(12):1652-8. Comparison of the acute response to meals enriched with cis- or trans-fatty acids on glucose and lipids in overweight individuals with differing FABP2 genotypes. Lefevre M, Lovejoy JC, Smith SR, Delany JP, Champagne C, Most MM, Denkins Y, de Jonge L, Rood J, Bray GA.
- <http://www.ncbi.nlm.nih.gov/pubmed/?term=14981227> Obes Res. 2004 Feb;12(2):340-5. Intestinal FABP2 A54T polymorphism: association with insulin resistance and obesity in women. Albala C, Santos JL, Cifuentes M, Villarreal AC, Lera L, Liberman C, Angel B, Pérez-Bravo F.

## Statement 2

### People react differently to the carbohydrate content of their diet.

A study in the Journal of Nutrition showed that people with the Gln27Glu polymorphism in the ADRB2 gene have a significantly higher risk of excessive weight (OR: 2.56) if they receive more than 49% of daily calories from carbohydrates.

### Publications

- <http://www.ncbi.nlm.nih.gov/pubmed/12888635> J Nutr. 2003 Aug;133(8):2549-54. Obesity risk is associated with carbohydrate intake in women carrying the Gln27Glu beta2-adrenoceptor polymorphism. Martínez JA, Corbalán MS, Sánchez-Villegas A, Forga L, Martí A, Martínez-González MA.

## Statement 3

### You can customize the proportion of carbohydrates and fat in the diet based on your genetic predisposition. Fat sensitive individuals benefit from a low-fat diet, while carbohydrate sensitive people benefit from a low-carbohydrate diet.

From these two genetic tendencies, we can determine if a person is sensitive to the amount of carbohydrates or the amount of fats in the diet. If, according to the 16 aforementioned publications, a person is less sensitive to the amount of fat in the diet, that person has a tendency to become overweight only when the carbohydrate calories are above 49%; as a consequence, a diet with higher fat and lower carbohydrate content will have a positive effect on the body weight. A person with the right polymorphisms is not going to gain weight when their diet will contain more fat and fewer carbohydrates, within the investigated parameters.

## Statement 4

**Genes influence how our body responds to physical activity. The body weight of some people reacts very rapidly while others hardly lose weight through exercise.**

The impact of exercise on weight loss is greatly influenced by genes. The study (Diabetes Obes Metab. 2002 Nov;4(6):428-30.) is one of many showing that people with a particular gene variant in the ADRB2 gene have a significant genetic disposition to being overweight, but only if they lead an inactive life. People with this gene who followed significant exercise were no more likely to be overweight than others. Exercise will eliminate the increased risk of excessive weight from this genetic trait. An independent study for the same gene (Diabetes Care. 1997 Dec;20(12):1887-90.) showed that people with the less favorable variant of the gene lost significantly less weight through exercise than people with the favorable variant, even when they exercised regularly and vigorously. As every gym employee knows, people have widely varying degrees of weight loss when they exercise. These genetic effects were confirmed by many other studies (Eur J Intern Med. 2007 Dec;18(8):587-92, Obes Res. 2004 May;12(5):807-15., Int J Obes Relat Metab Disord. 2003 Sep;27(9):1028-36).

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- <http://www.ncbi.nlm.nih.gov/pubmed/?term=20650268> Clin Chim Acta. 2010 Nov 11;411(21-22):1716-22. Epub 2010 Jul 25. Effects of common FTO gene variants associated with BMI on dietary intake and physical activity in Koreans. Lee HJ, Kim IK, Kang JH, Ahn Y, Han BG, Lee JY, Song J.
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- <http://www.ncbi.nlm.nih.gov/pubmed/?term=12406043> Diabetes Obes Metab. 2002 Nov;4(6):428-30. TRP64ARG polymorphism of the beta 3-adrenergic receptor gene and obesity risk: effect modification by a sedentary lifestyle. Marti A, Corbalán MS, Martínez-González MA, Martínez JA.
- <http://diabetes.diabetesjournals.org/content/51/8/2581.long> Diabetes. 2002 Aug;51(8):2581-6. Association of the Pro12Ala polymorphism in the PPAR-gamma2 gene with 3-year incidence of type 2 diabetes and body weight change in the Finnish Diabetes Prevention Study. Lindi VI, Uusitupa MI, Lindström J, Louheranta A, Eriksson JG, Valle TT, Hämäläinen H, Ilanne-Parikka P, Keinänen-Kiukkaanniemi S, Laakso M, Tuomilehto J; Finnish Diabetes Prevention Study.
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- <http://www.ncbi.nlm.nih.gov/pubmed/?term=18054709> Eur J Intern Med. 2007 Dec;18(8):587-92. Epub 2007 Sep 10. Influence of the Trp64Arg polymorphism in the beta 3 adrenoceptor gene on insulin resistance, adipocytokine response, and weight loss secondary to lifestyle modification in obese patients. de Luis DA, Gonzalez Sagrado M, Aller R, Izaola O, Conde R.
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## Statement 5

**Genes influence how our body reacts to a specific weight loss program, and can increase the results up to 2.5-fold.**

A study by (Lindi et al., Diabetes 51: 2581-2586, 2002) concluded that people who followed a 3-year program of moderate exercise and dieting, and had the optimal genetic profile, lost 2.5 times more weight than those with an unfavorable genetic profile (8.3 kg on the average in comparison to 3.4 kg on average). However, 1 year after completion of the study, the weight of people with the favorable genetic profile had increased significantly more than the weight of the group with the unfavorable profile. Thus, the favorable profile makes sports and diet more effective, but also makes the yo-yo effect more severe.

### Publications

► <http://www.ncbi.nlm.nih.gov/pubmed/?term=12145174> Diabetes. 2002 Aug;51(8):2581-6. Association of the Pro12Ala polymorphism in the PPAR-gamma2 gene with 3-year incidence of type 2 diabetes and body weight change in the Finnish Diabetes Prevention Study. Lindi VI, Uusitupa MI, Lindström J, Louheranta A, Eriksson JG, Valle TT, Hämäläinen H, Ilanne-Parikka P, Keinänen-Kiukaanniemi S, Laakso M, Tuomilehto J; Finnish Diabetes Prevention Study.

Your genes do not change and the traits and variations will remain the same from your birth until the end of your life. Therefore, you do not need to retest your genes as you will always get the same results. Genetic analyses are technically very complex and there is a small chance that a genetic variant may have been missed. To prevent this, we have integrated several quality assurance measures in our processes which ensure the accuracy of our diagnosis. We do everything possible to ensure that the results of your analysis are accurate.

However, you should be aware that there is the (unlikely) possibility that still unidentified genes have an effect on weight loss and were thus missed by this analysis. Therefore keep track of our new products and product improvements in order to stay informed about newly discovered relevant genes.



# Summary of the science

## FABP2 - Fatty acid binding protein 2, intestinal (rs1799883)

Fatty acid-binding protein 2 (FABP2) also known as Intestinal-type fatty acid-binding protein (I-FABP) is a protein that in humans is encoded by the FABP2 gene. The intracellular fatty acid-binding proteins (FABPs) belong to a multigene family with nearly twenty identified members. FABPs are divided into at least three distinct types, namely the hepatic-, intestinal- and cardiac-type. They form 14-15 kDa proteins and are thought to participate in the uptake, intracellular metabolism and/or transport of long-chain fatty acids. This gene has a polymorphism at codon 54 that identified an alanine-encoding allele and a threonine-encoding allele. Thr-54 protein is associated with increased fat oxidation and insulin resistance.

RES	Genotype	POP	Possible results
X	G/G	42%	No effect
	A/G	51%	Increased fat sensitivity Increased risk for fat deposits around the organs
	A/A	7%	Increased fat sensitivity Increased risk for fat deposits around the organs

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## PPARG - Peroxisome proliferator-activated receptor gamma (rs1801282)

Peroxisome proliferator-activated receptor gamma (PPAR- $\gamma$  or PPARG), also known as the glitazone receptor, or NR1C3 (nuclear receptor subfamily 1, group C, member 3) is a type II nuclear receptor that in humans is encoded by the PPARG gene. PPARG regulates fatty acid storage and glucose metabolism. The genes activated by PPARG stimulate lipid uptake and adipogenesis by fat cells. PPARG knockout mice fail to generate adipose tissue when fed a high-fat diet.

RES	Genotype	POP	Possible results
X	C/C	86%	Increased sensitivity to fat Genetic predisposition to excessive weight (OR: 1.38)
	C/G	12%	Stronger Yo-Yo effect Increased risk for fat deposits around the organs Increased weight loss though calory reduction Genetic predisosition to excessive weight (OR: 1.19) Better response to physical activity
	G/G	2%	Stronger Yo-Yo effect Increased risk for fat deposits around the organs Increased weight loss though calory reduction No genetic predisosition to excessive weight Better response to physical activity

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## ADRB2 adrenoceptor beta 2, surface (rs1042713)

The beta-2 adrenergic receptor ( $\beta$ 2 adrenoceptor), also known as ADRB2, is a beta-adrenergic receptor within a cell membrane which reacts with adrenaline (epinephrine) as a hormone or neurotransmitter affecting muscles or organs. he ADRB2 gene is intronless. Different polymorphic forms, point mutations, and/or downregulation of this gene are associated with nocturnal asthma, excessive weight and type 2 diabetes. This receptor is directly associated with one of its ultimate effectors, the class C L-type calcium channel CaV1.2. This receptor-channel complex is coupled to the Gs G protein, which activates adenylyl cyclase, catalysing the formation of cyclic adenosine monophosphate (cAMP) which then activates protein kinase A, and the counterbalancing phosphatase PP2A.

RES	Genotype	POP	Possible results
	A/A	22%	No effect
X	A/G	51%	Stronger Yo-Yo effect
	G/G	27%	Stronger Yo-Yo effect

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The beta-2 adrenergic receptor ( $\beta 2$  adrenoceptor), also known as ADRB2, is a beta-adrenergic receptor within a cell membrane which reacts with adrenaline (epinephrine) as a hormone or neurotransmitter affecting muscles or organs. The ADRB2 gene is intronless. Different polymorphic forms, point mutations, and/or downregulation of this gene are associated with nocturnal asthma, excessive weight and type 2 diabetes. This receptor is directly associated with one of its ultimate effectors, the class C L-type calcium channel CaV1.2. This receptor-channel complex is coupled to the Gs G protein, which activates adenylyl cyclase, catalysing the formation of cyclic adenosine monophosphate (cAMP) which then activates protein kinase A, and the counterbalancing phosphatase PP2A.

RES	Genotype	POP	Possible results
X	C/C	42%	No effect
	C/G	51%	Increased carbohydrate sensitivity Stronger Yo-Yo effect Increased risk for fat deposits around the organs Increased lean/muscle mass loss when reducing calories Increased weight loss through calory reduction
	G/G	7%	Increased carbohydrate sensitivity Stronger Yo-Yo effect Increased risk for fat deposits around the organs Increased lean/muscle mass loss when reducing calories Increased weight loss through calory reduction

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### ADRB3 adrenoceptor beta 3 (rs4994)

The activation of  $\beta$ -Adrenoreceptors initiates signaling pathways through binding to G-Proteins. All  $\beta$ -Adrenoreceptors are able to activate adenylylcyclase, thereby increasing the cAMP concentration in the cytosol and activating protein kinase A. The subtype ADRB3 is specifically involved in lipolysis, which is why this polymorphism is involved in body weight control.

RES	Genotype	POP	Possible results
X	T/T	83%	Increased weight loss through exercise
	T/C	16%	No effect
	C/C	1%	No effect

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## FTO - Fat mass and obesity associated (rs9939609)

Fat mass and excessive weight-associated protein also known as alpha-ketoglutarate-dependent dioxygenase FTO is an enzyme that in humans is encoded by the FTO gene located on chromosome 16. The amino acid sequence of the transcribed FTO protein shows high similarity with the enzyme AlkB which oxidatively demethylates DNA. Recombinant FTO protein was first discovered to catalyze demethylation of 3-methylthymine in single-stranded DNA, and 3-methyluridine in single-stranded RNA, with low efficiency. The nucleoside N6-methyladenosine, an abundant modification in RNA, was then found to be a major substrate of FTO. The FTO gene expression was also found to be significantly upregulated in the hypothalamus of rats after food deprivation and strongly negatively correlated with the expression of orexogenic galanin like peptide which is involved in the stimulation of food intake.

RES	Genotype	POP	Possible results
	T/T	25%	No effect
X	T/A	57%	Increased sensitivity to fat Tendency to eat more snacks Tendency to eat more calories Predisposition to excessive weight (OR: 1.34) Increased weight loss through physical activity
	A/A	18%	Increased sensitivity to fat Stronger feeling of hunger Tendency to eat more snacks Tendency to eat more calories Increased weight loss through exercise Predisposition to excessive weight (OR: 1.67)

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## APOA2 apolipoprotein A-II (rs5082)

Apolipoproteins are the protein component of lipoproteins that transport insoluble lipids through the bloodstream. Apolipoproteins form the hydrophilic surface of lipoproteins where they fulfil various roles such as structural support or receptor sites for cell membrane bound receptors. The APOA2 gene forms a structural element and activates hepatic lipase enzymes.

RES	Genotype	POP	Possible results
	C/C	18%	Increased fat sensitivity Increased risk for fat deposits around the organs Tendency to eat more calories Genetic predisposition to excessive weight (OR: 1.7)
X	T/C	43%	No effect Increased risk for fat deposits around the organs
	T/T	39%	No effect

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### APOA5 - Apolipoprotein A-V (rs662799)

The protein encoded by this gene is an apolipoprotein and an important determinant of plasma triglyceride levels, a major risk factor for coronary artery disease. It is a component of several lipoprotein fractions including VLDL, HDL, chylomicrons. It is believed that apoA-V affects lipoprotein metabolism by interacting with LDL-R gene family receptors. Studies have shown, that carriers of the G-Allele experience low weight gain when eating a fatty diet.

RES	Genotype	POP	Possible results
X	A/A	96%	Increased fat sensitivity Weak satiety
	G/A	3%	Stron satiety Increased weight loss through calory reduction
	G/G	1%	Stron satiety Increased weight loss through calory reduction

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LEGEND: RES = your personal analysis result (marked with an X), GENOTYPE = different variations of the gene (called alleles), POP = percent of the general population that have this genetic result, POSSIBLE RESULTS = influence of the genetic variation.



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All our processes and results are based on the latest science and technology and are adapted to fulfill all relevant rules and regulations.

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## CERTIFICATIONS

# Certifications

The Novogenia laboratory is one of the most modern and automated laboratories in Europe, and has numerous certifications and quality assurance systems that meet and exceed international standards. The various fields of business are certified separately to the highest standards.

## Analysis for Lifestlye-purposes

Certified through analysis in our ISO 15189 certified laboratory



## Medical interpretation of genetic analyses

Certified through analysis in our ISO 15189 certified laboratory



## Scientific release of analysis results

Licensed for medical genetic analyses by the Austrian government



## Company and office

Certified through ISO 9001





## **ADDITIONAL INFORMATION**

In this chapter you will receive useful and helpful information.



## Science continues to progress – so do our programs!

Science is progressing rapidly and almost every day new findings in the fields of medicine and genetics allow us more accurate statements. Guidelines for the prevention or treatment of health problems and recommended consumption quantities for vitamins change and improve periodically and therefore the programs we have today are a lot more accurate than what was the science's and technology's status ten years ago. This is exactly the same for genetics.

Every year new genes are discovered, new effects of already known genes are identified and the recommendations for actions that exist for certain genetic profiles changes and improve over time. Since the development of our first product we have integrated more than 400 improvements in the programs to ensure that the product is always up-to-date with science and technology and stays user-friendly.

Although a person's genetic result stays the same for their lifetime, this also means that the interpretation is improving with new available science. We also constantly improve the programs with improved wording, more accurate and better calculation methods for nutrition as well as new findings in regards to how often certain mutations occur in the general population. Therefore it is possible that a few months after you have received your report, some data and statements can already have changed and be more accurate than it was possible at the first version of the report. The genetic reports also consider your current body weight and your age, which is why some recommendations may differ slightly from earlier statements (that are based on a different age and body weight).

### **A new booklet in accordance with the latest developments of science and product development.**

Of course we do not want to withhold the positive improvements of our genetic programs from you. Therefore you have the possibility to enquire at any point in time in the future if there are already new findings that might make a reprint of your old genetic results with the newest interpretation sensible. If this is the case, we can, for a small fee, issue a new and improved booklet for you. There you will of course find certain deviations from the old booklet; these represent the improvements in this area.



Common improvements you might receive this way are:

### Product developments:

- New food products in the food list
- New methods to plan your nutrition better
- New ways to plan your exercise
- More accurate assessment of calorie calculation
- Adjusted values that influence program intensity
- Better clarity of the reports
- New and better prevention and treatment options

### Age- and weight-related adjustments

- New calculation of various numbers is based on your current age and body weight
- New micro-nutrient recommendations that consider your new age

### Scientific developments:

- New findings on the effects of already tested genes (higher or lower risk or new validity)
- New assessment on the effects of certain treatments or medication
- New findings on the frequency of certain mutations in the general population (that can influence the relative risk)

### Current version:

- V453

### Here you will find the reports' version history:

- V453 - Rearrangement of DHC chapters
- V452 - Psychological disorder risk calculation was added
- V451 - Further genes were included in the nutrition sensor
- V450 - Improved version history
- V449 - Improved calculation of the food list
- V448 - Improved presentation of the food list
- V447 - Micronutrient recipe was improved and takes now more genes into account
- V446 - Improved presentation of the nutrigenetic chapters
- V445 - Improved sport tables. Icons now show the type of the activity
- V444 - Weight Sensor: Low calorie snacks were improved
- V443 - Improved marketing and order sites make it easier for the consumer to order supplements
- V442 - Rearrangement of all DNC chapters
- V441 - New nutrigenetic overviews were implemented
- V440 - Population frequencies were updated according to the 1000 Gene Project Phase 3
- V439 - Improved calculation of disease risks compared to the average population
- V438 - New improved chapter overview implemented
- V437 - A calculation to produce weight management supplements in the form of pellets has been included
- V436 - More drugs were implemented in the pharmacogenetic section
- V435 - Report Automation: Warning when certain order details are missing
- V434 - Odds ratio calculation was improved for all metabolic problems. Population frequencies were updated according to "The 1000 Genomes Project"
- V433 - Food Components: Calculation of kalium scale bar was improved and now is more accurate
- V432 - Foodtable: Excel layout improvements
- V431 - Foodtable: Excel bar size column was integrated. Now the exact value of the bars are shown
- V430 - Foodtable: Calculation of g/article for vegetables improved
- V429 - Foodtable genetic intolerance columns improved
- V428 - RDA values of some micronutrients were adjusted to more accurate values based on science and international regulations
- V427 - More drugs were implemented in the pharmacogenetic section
- V426 - Micronutrient ranges were better adapted to new science and legal requirements
- V425 - The micronutrient dosages were adapted to new government regulations and new sciences (particularly ALA, D3, C, lycopene, luteine and copper)
- V424 - The BMR calculation for data entered in the orderform was improved and now is more accurate
- V423 - The quality control of entered data was improved by a second double-check
- V422 - Formula restructuring
- V421 - The risk for alcohol dependence calculation was improved and is more accurate now
- V420 - The description of detoxification genes and their genetic variations was improved
- V419 - Having a high risk of alcoholism now also affects the food recommendations for alcohol-containing foods
- V418 - Report automation: Certain report sections are shown for athletic performance reports
- V417 - Report update: Special requests of a distributor (JH) were implemented
- V416 - The risk calculation for bone health based on genetics was improved and now is more accurate
- V415 - The warning threshold for: "attention, this food contains lactose" was lowered, so food types with little lactose also trigger the warning
- V414 - Report update: Special requests of a distributor (DPME) were implemented
- V413 - Report update: Special requests of a distributor (DPME) were implemented
- V412 - The new prostate risk calculation results are now applied to the overview scale bars at the front of the reports
- V411 - Report update: Special requests of a distributor (DPME) were implemented
- V410 - Report update: Special requests of a distributor (KRSD) were implemented
- V409 - The basic metabolic rate at rest was locked at a minimum of 1000kcal, irrespective of age. This is more appropriate for younger users of the weight management programs

- V408 - Design improvements (colour codes)
- V407 - The risk calculation for bone health based on genetics was improved and now is more accurate. Changes are now full applied
- V406 - The risk for diabetes calculation was improved and is now (especially for high risk individuals) more accurate
- V405 - Report automation: Reports for athletic performance were improved for automation
- V404 - The calculation for prostate risk was updated with newer science about how common these variations are in the general population. Risk calculations are now more accurate.
- V403 - Report Automation: Formula update gives alert in case customer details are missing
- V402 - Rarely occurring genetic variants relevant in Alzheimer's Disease were included in the formula
- V401 - Report layout and text improvements for athletic performance tests
- V400 - Linoleic acid risk calculation for the food list was improved and now is more accurate
- V399 - The risk of some bone metabolism genes was improved and now is more accurate
- V398 - The risk for certain eye disease risk calculations and the corresponding food recommendations was improved and now is more accurate
- V397 - Linoleic acid risk calculation for the food list was improved and now is more accurate
- V396 - Special adaptations for vegan customers using allergy testing services
- V395 - Layout improvements, Design improvements, Report adaptations for a distributor (DCR)
- V394 - Report update: New naming system doe new-born screening analyses
- V393 - Report update: Special requests of a distributor (ASGX) were implemented
- V392 - Report Automation: Warning when certain order details are missing
- V391 - Report Automation: Warning when certain order details are missing
- V390 - Cardiovascular disease risk and LDL cholesterol disease risk calculation was improved, especially for high risk individuals and is more accurate now. This affects many other sections.
- V389 - Basic metabolic rate at rest calculation was improved for some weight management reports
- V388 - Special feature for Muslims to help avoid pork
- V387 - Certain report improvements for young patients
- V386 - Report automation: Certain texts are hidden under certain conditions in some reports
- V385 - The recommendation calculation for total iron intake was improved and now is more accurate
- V384 - The recommendation calculation of fructose containing food types was improved and now is more accurate
- V383 - Report automation: Recipe book automation was improved
- V382 - Report automation: Alert systems for certain conditions such as missing details were implemented
- V381 - Report automation: Alert systems for missing gene results were implemented
- V380 - Design, layout and text improvements
- V379 - Report covers were improved
- V378 - Scale bar and text colours for fructose risk were improved
- V377 - Iron intake recommendations were linked to iron overload disorder risk in an improved way and is now more accurate. This influences many aspects of the reports such as food recommendations
- V376 - Report update: Special requests of a distributor (PGNS) were implemented
- V375 - Design and text improvements
- V374 - Better BMI calculation for children implemented, making the calculations in these cases more accurate
- V373 - Report update: Special requests of a distributor (SLGN) were implemented
- V372 - Reports now consider the intake of calcium through nutrition more accurately. This affects many aspects of the food recommendations
- V371 - New gene for new-born birth weight added to reports
- V370 - Text improvements
- V369 - Report automation: Alert systems for certain conditions such as missing details were implemented
- V368 - New BMI calculation formulas implemented for some reports. This calculation is now more accurate
- V367 - Hormone replacement therapy genetic testing is now added to larger packages by default
- V366 - Report update: Special requests of a distributor (DNK) were implemented
- V365 - New pregnancy related gene was added
- V364 - Risk calculation for diabetes Type 2 was improved and now is more accurate. This influences many aspects of the report
- V363 - Risk calculations for spontaneous abortion in pregnancy was improved and now is more accurate
- V362 - Risk calculations for preeclampsia in pregnancy was improved and now is more accurate
- V361 - New pregnancy risk calculations were implemented
- V360 - Report update: Special requests of a distributor (PGMS) were implemented
- V359 - Risk calculations for bone health were improved, which influences many parts of the programs
- V358 - Oxidative stress genes added to athletic performance reports
- V357 - Report update: Special requests of a distributor (PHMLT) were implemented
- V356 - Improved food recommendation calculation for omega 3 was implemented, which influences many aspects of the food list
- V355 - Caffeine break down calculations were improved and are now more accurate
- V354 - Effect of coffee on breast cancer risk in women was implemented in several reports
- V353 - Caffeine recommendations based on breakdown capacity was improved
- V352 - Formula restructuring
- V351 - Fructose containing food recommendations were improved and are now more accurate
- V350 - Fructose containing food recommendations were improved and are now more accurate
- V349 - Report update: Special requests of a distributor (PGMS) were implemented
- V348 - Recommendations for iron intake was improved
- V347 - Recommendations for diabetic nutrition was improved and food list is now more suitable for diabetic patients
- V346 - Design and text improvements
- V345 - Report update: Special requests of a distributor (GNBL) were implemented
- V344 - Micronutrient recommendation calculations were improved and are now more accurate
- V343 - Micronutrient recommendation calculations were improved and are now more accurate
- V342 - Supplement calculations: Formula adjustments for personalized supplement production were implemented
- V341 - Certain questions that influence the athletic performance programs have been implemented
- V340 - Scale bars that show the risk of coffee and caffeine have been improved
- V339 - The program now can consider iron deficiency in its nutritional recommendations as well. Added benefit for iron deficient individuals
- V338 - Supplement automation: New automation system for supplement manufacture implemented
- V337 - Report update: Special requests of a distributor (DNK) were implemented
- V336 - Report update: Special requests of a distributor (GB) were implemented
- V335 - Customer details question answers are now shown in the back of some reports for reference
- V334 - Report update: Special requests of a distributor (DNK) were implemented
- V333 - The scale bar for lactose intolerance risk was improved
- V332 - Report update: Special requests of a distributor (DNK) were implemented
- V331 - Report update: Special requests of a distributor (DNK) were implemented
- V330 - The food recommendation for arachidonic acid containing foods was improved and now is more accurate. This affects animal product-based food recommendations
- V329 - Report update: Special requests of a distributor (DNK) were implemented
- V328 - Hand written notes sheets were added to some reports
- V327 - Certain reports now have a video link for video consultation
- V326 - Report update: Special requests of a distributor (PGMS) were implemented
- V325 - Various improvements to text, layout and design
- V324 - The intensity of the weight management program was adjusted and now is equally intense for all customers. This affects and improves many aspects of the weight management report
- V323 - Detoxification results are shown in certain report types
- V322 - Omega 3 risk calculations and recommendations have been improved and now are more accurate. This has an impact on the food list

- V321 - Video consultation links have been implemented in certain reports
- V320 - Supplement automation: New improvements in producing personalized labels
- V319 - Supplement automation: New improvements in automating the personalized production of weight management supplements
- V318 - Text improvement in some athletic performance reports
- V317 - Text improvement in some athletic performance reports and allergy reports as well as allergy warnings
- V316 - Reports can now consider milk protein intolerance and give better food recommendations
- V315 - The calculation and recommendation for fructose containing foods was improved and now is more accurate
- V314 - Supplement automation: better automation of personalized weight management supplements
- V313 - Report update: Special requests of a distributor (DNK) were implemented
- V312 - Supplement automation improvement
- V311 - Supplement intake recommendations were improved. Some individuals now get the recommendations to take supplements 2 times per day, but have to take a reduced volume.
- V310 - Video consultation link in some reports was improved
- V309 - Supplement automation improvement
- V308 - The risk calculation for thrombosis was improved and now is more accurate
- V307 - Supplement automation improvement for label creation
- V306 - The risk calculation for thrombosis was improved and now is more accurate
- V305 - Video consultation link in some reports was improved
- V304 - Report update: Special requests of a distributor (DNK) were implemented
- V303 - The minimum daily calories a person must eat has been defined and makes the product more suitable for users of low body weight
- V302 - The basic metabolic rate at rest calculation was improved and now is more accurate
- V301 - The scale bars for exercise have been improved in some reports
- V300 - The basic metabolic rate at rest calculation was improved and now is more accurate
- V299 - Certain text improvements were done
- V298 - The warning column in the food list can now be hidden or shown automatically



## Customer Service

### Questions or comments about our service?

Our customer service team is happy to help with any enquiries, questions or problems. You can contact us in the following ways:

- [office@dnaplus.de](mailto:office@dnaplus.de)
- Tel: +43 (0) 662 425 099 22
- Fax: +43 (0) 662 425 099 -44

Our team is looking forward to your call. Customer satisfaction is our first priority. If you are not fully satisfied with our service, please let us know. We will do our best to help find a satisfactory solution to your problem.

### Contact | Impressum

DNA Plus - Zentrum für Humangenetik  
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## TECHNICAL DETAILS

# Technical details

### Address

Musterstrasse 1  
1234 Musterstadt  
AUSTRIA

### Order number

DEMO\_FS

### Date of birth

01/01/1985

### Ordering company

DNA Plus - Zentrum für Humangenetik  
Georg Wrede Strasse 13  
83395 Freilassing  
GERMANY  
office@DNAplus.de  
Tel +49 8654 4803 808

### Analyzing laboratory

Novogenia GmbH  
Saalachstrasse 92  
5020 Salzburg  
AUSTRIA

### Laboratory director

Dr. Daniel Wallerstorfer, B.Sc.

### Method of analysis

Automated DNA extraction, Real-Time PCR  
genotyping

### Detection rate

~>99%

### Sample type

Cheek swab / saliva sample

### Analysis times

Sample received: 01/09/2016  
Analysis started: 02/09/2016  
Analysis completed: 08/09/2016  
Report generated: 08/09/2016

## NOTES:

