

Recess

Nutrition Recommendation

The focus of the Optimize Program is to supply you with optimum products and natural foods to achieve your ideal body composition. Your recommended caloric intake has been individually calculated to provide the essential nutrient combinations required by your body.

Exercise is an important factor in any health program. You should follow the exercise guidelines specified by your Wellness practitioner.

Your caloric level has been adjusted for the level of physical activity. Excess calories which are consumed and not converted to Lean Body Mass or used during exercise will be stored as Body Fat

The daily diet plan on the next page of this report is based on the American Dietetic Exchange Program. Each food group lists the number of "exchanges" for each meal. An exchange is simply a portion or serving size. Review your patient manual for a detailed exchange list of food items.

Caloric Energy Equation

Basal Metabolic Rate (BMR)	1570
The number of calories burned by your Lean Body Mass in a 24 hour period at complete rest.	
Specific Dynamic Action of Foods (SDA)	157
The number of calories required to process and utilize consumed foods.	
Resting Energy Expenditure (REE)	1727
The sum of BMR and SDA. This represents the number of calories your body requires in a 24 hour period at complete rest.	
Activities of Daily Living (ADL)	345
This is the approximate number of calories burned by your body during normal daily activities.	
Calories Burned by Exercise	248
The number of calories burned by the exercises you selected. Also included is the level and intensity of your activities.	
Total Caloric Requirements:	2320
Recommended Caloric Intake	2320
