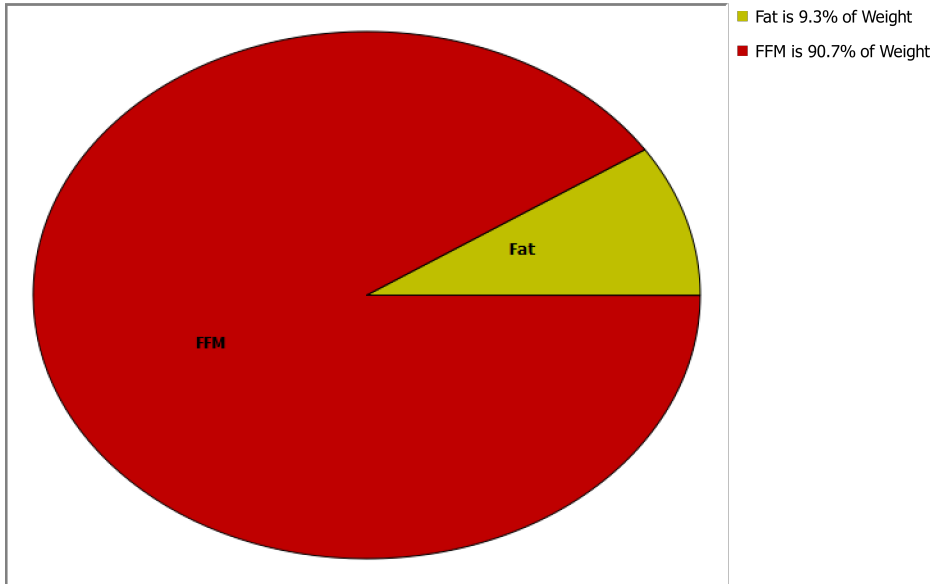
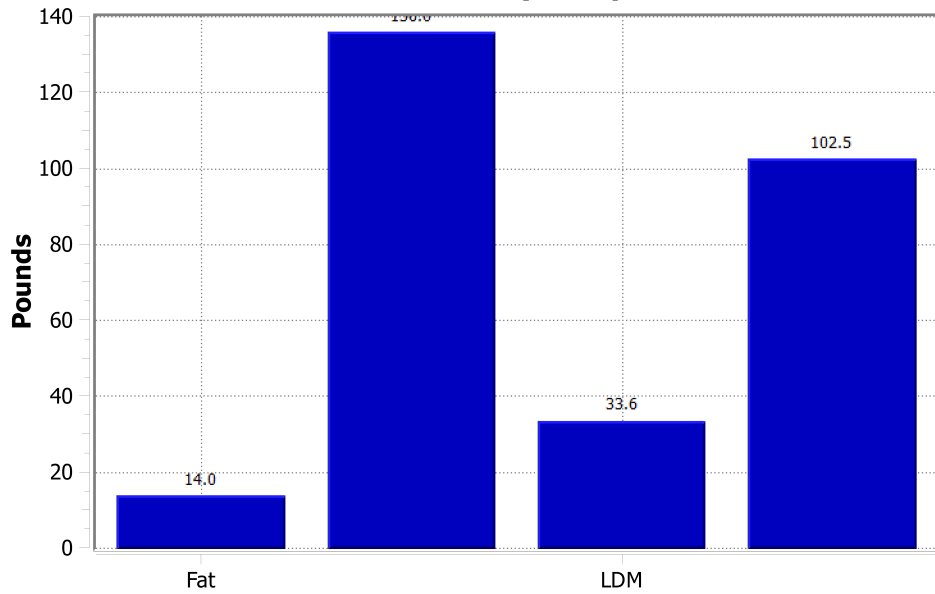




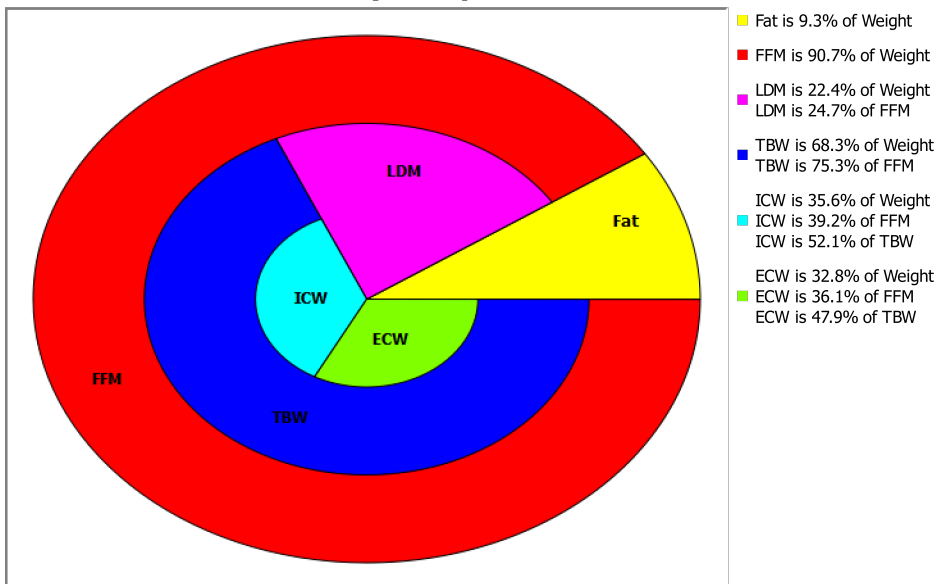
### Estimated Body Composition



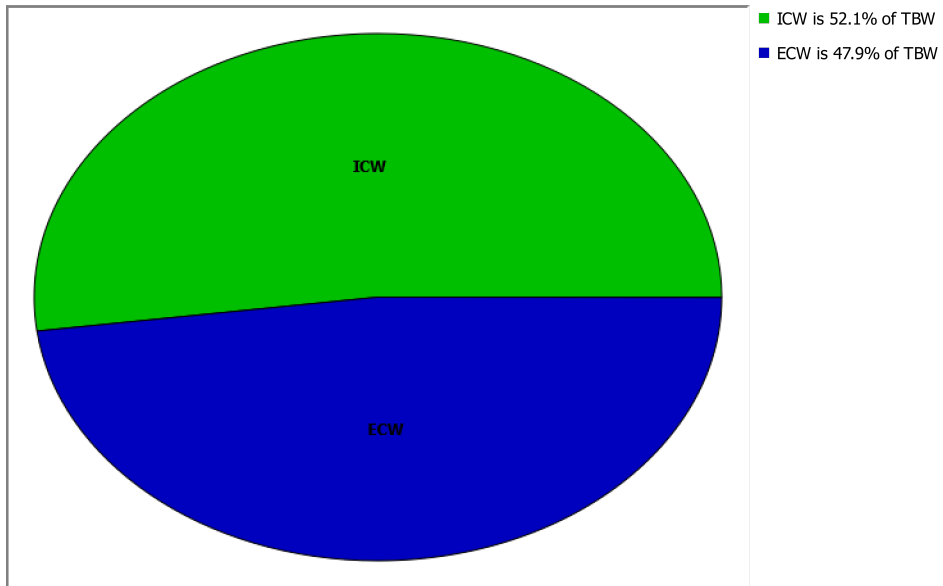
### Estimated Body Composition



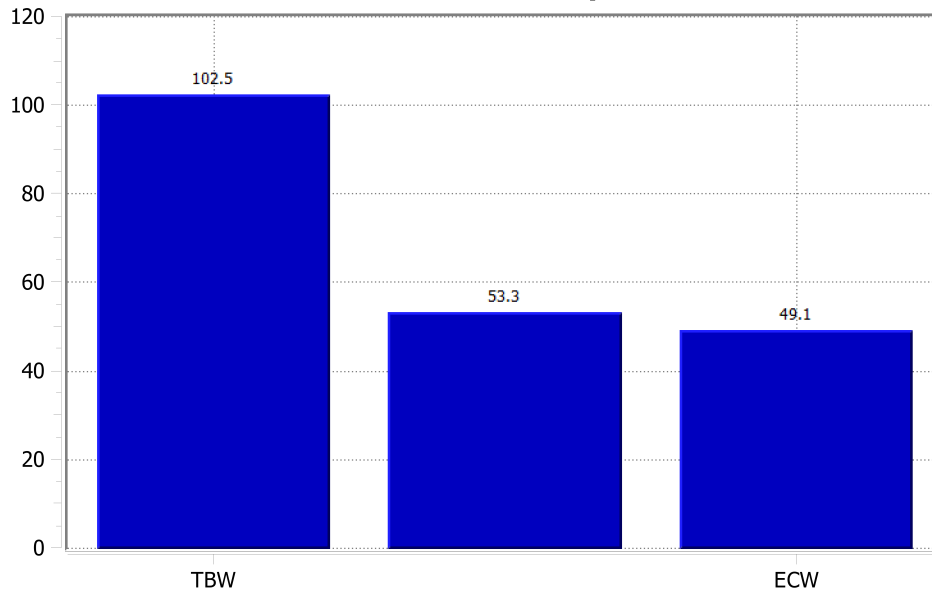
### Estimated Body Composition



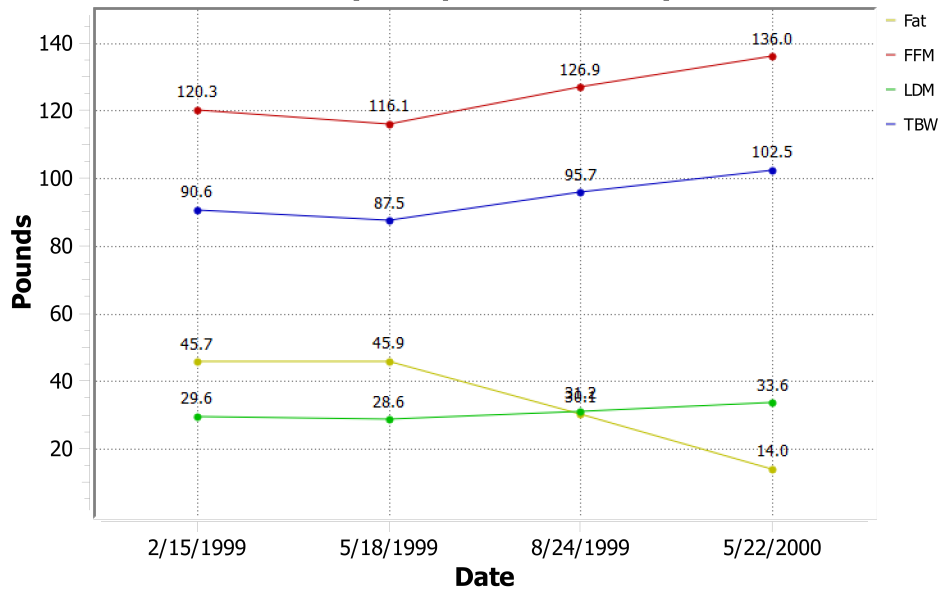
### Estimated Fluids Distribution



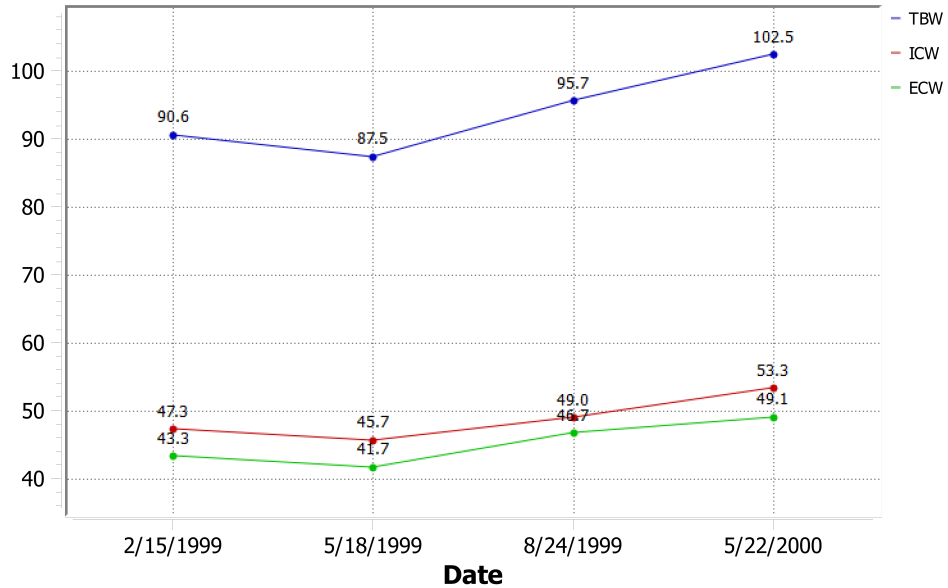
### Estimated Fluids Compartments



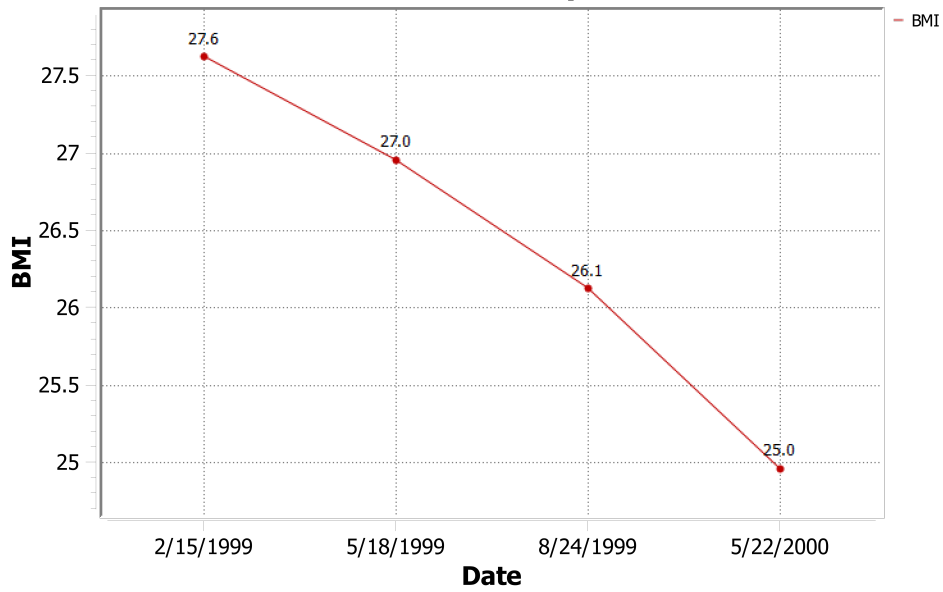
### Body Composition History



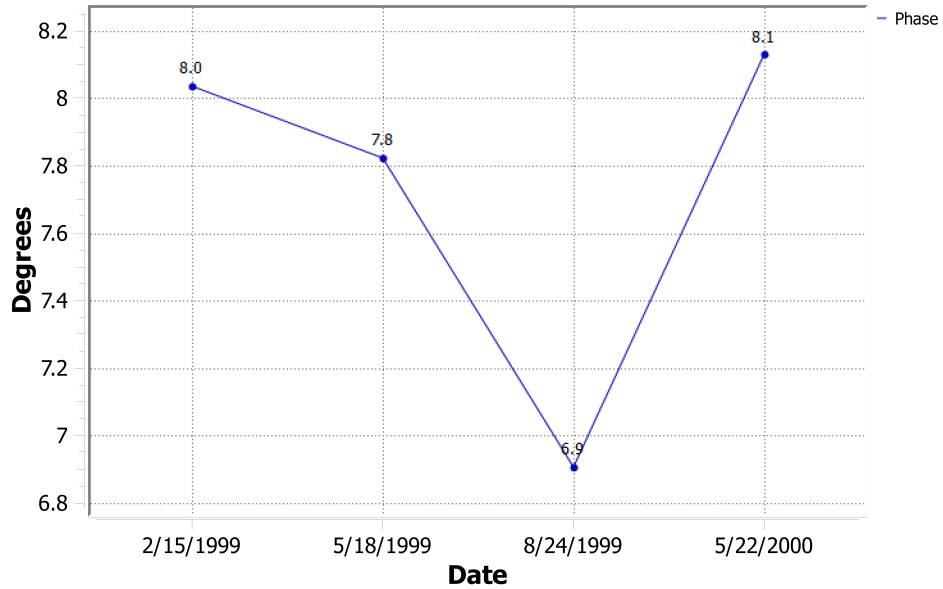
### Fluids History



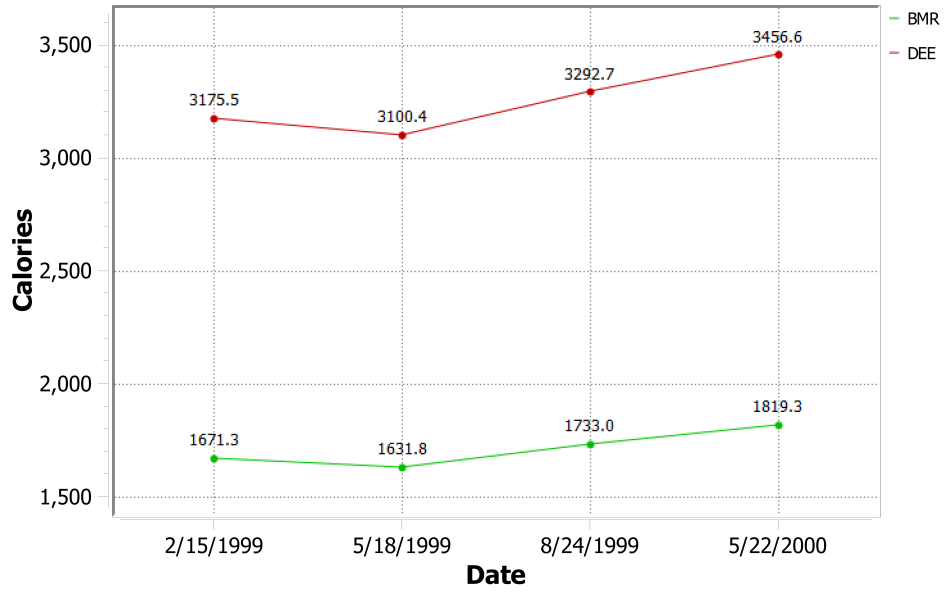
### BMI History



### Phase Angle History



# Metabolic History



## History

	vs. First Test	vs. Previous Test	Selected Test
	2/15/1999 9:32 PM	8/24/1999 9:33 PM	5/22/2000 9:39 PM
Height	No Change	No Change	65.0
Weight	-16.0	-7.0	150.0
Age	No Change	No Change	20.0
Gender	Female	Female	Female
R	-75.0	-38.0	350.0
Xc	-10.0	+3.0	50.0
Frame	Medium	Medium	Medium
Activity Level	Heavy	Heavy	Heavy
equation_set	NHANES-III	NHANES-III	NHANES-III
Target Weight	No Change	No Change	125.0
BMI	-2.6	-1.1	25.0
PA	+0.1	+1.2	8.1
BMR	+148.0	+86.3	1819.3
DEE	+281.1	+163.9	3456.6
Fat	-31.7	-16.1	14.0
Fat % of Weight	-18.2 %	-9.9 %	9.3 %
FFM	+15.7	+9.1	136.0
FFM % of Weight	+18.2 %	+9.9 %	90.7 %
LDM	+4.0	+2.4	33.6
LDM % of Weight	+4.5 %	+2.6 %	22.4 %
LDM % of FFM	+0.1 %	+0.1 %	24.7 %
TBW	+11.9	+6.8	102.5
TBW % of Weight	+13.7 %	+7.3 %	68.3 %
TBW % of FFM	-0.1 %	-0.1 %	75.3 %
ICW	+6.0	+4.3	53.3
ICW % of TBW	-0.1 %	+0.9 %	52.1 %
ECW	+5.8	+2.4	49.1
ECW % of TBW	+0.1 %	-0.9 %	47.9 %

## Diet & Exercise

You are currently **25.00 lbs** over your target weight of **125.00 lbs** and it has been suggested that you try to lose **1.01 lbs** per week. At this rate, it will take you **25 weeks** to reach your goal. Work with your healthcare practitioner on strategies designed to help manage your total body weight, while building and maintaining muscle and bone density, and losing only unnecessary retained water and body fat.

Based on your body composition and activity level, your body would require approximately **3457** calories to keep your weight stable. You can lose weight by increasing your daily activity and/or decreasing your food intake. The more active you can make your day, the less restrictive your food intake has to be in order to maintain the same rate of weight loss.

Remember that the quality of the calories you eat also matters. For example, a candy bar and a piece of fruit may have the same number of calories, but the fruit contains more nutrients and fiber to help slow the absorption of its natural sugars.

Research shows that people who enjoy a variety of activities have a positive effect on several health markers. The following table offers a selection of lifestyle and fitness activities for your reference. It also includes an estimate of how many calories you would burn doing each activity for various time periods. Consider trying to work in an average of **249 Calories** of added activity each day.

Activity	Calories burned per				
	10 Minutes	20 Minutes	30 Minutes	60 Minutes	120 Minutes
bicycling, BMX	91	182	273	545	1,090
bicycling, mountain, general	91	182	273	545	1,090
bicycling, leisure, 9.4 mph	62	124	186	372	744
bicycling, 14-15.9 mph, racing or leisure, fast, vigorous effort	107	214	321	641	1,283
Elliptical trainer, moderate effort	53	107	160	321	641
health club exercise, conditioning classes	83	167	250	500	1,000
stretching, mild	25	49	74	147	295
yoga, Hatha	27	53	80	160	321
yoga, Power	43	86	128	257	513
ballet, modern, or jazz, general, rehearsal or class	53	107	160	321	641
aerobic, low impact	53	107	160	321	641
aerobic, high impact	78	156	234	468	936
vacuuming, general, moderate effort	35	71	106	212	423
walk/run, playing with animals, moderate effort, only active periods	43	86	128	257	513
shoveling snow, by hand, moderate effort	57	113	170	340	680
playing musical instruments, general	21	43	64	128	257
jog/walk combination (jogging component of less than 10 minutes) (Taylor Code 180)	64	128	192	385	770
jogging, general	75	150	224	449	898
Running, 4 mph (13 min/mile)	64	128	192	385	770
running, 5 mph (12 min/mile)	89	177	266	532	1,064
running, 6 mph (10 min/mile)	105	209	314	628	1,257
running, 6.7 mph (9 min/mile)	112	224	337	673	1,347
running, 7.5 mph (8 min/mile)	123	246	369	737	1,475
running, 8.6 mph (7 min/mile)	131	263	394	789	1,577
running, 10 mph (6 min/mile)	155	310	465	930	1,860
running, 12 mph (5 min/mile)	203	406	609	1,218	2,437
running, cross country	96	192	289	577	1,154
running, stairs, up	160	321	481	962	1,924
basketball, non-game, general (Taylor Code 480)	64	128	192	385	770
basketball, general	69	139	208	417	834

Activity	Calories burned per				
	10 Minutes	20 Minutes	30 Minutes	60 Minutes	120 Minutes
basketball, shooting baskets	48	96	144	289	577
bowling, indoor, bowling alley	41	81	122	244	487
golf, general	51	103	154	308	616
golf, walking, carrying clubs	46	92	138	276	551
hockey, ice, general	86	171	257	513	1,026
martial arts, different types, slower pace, novice performers, practice	57	113	170	340	680
rope jumping, slow pace, < 100 skips/min, 2 foot skip, rhythm bounce	94	188	282	564	1,129
soccer, casual, general (Taylor Code 540)	75	150	224	449	898
softball, practice	43	86	128	257	513
tennis, general	78	156	234	468	936
volleyball, non-competitive, 6 - 9 member team, general	32	64	96	192	385
walking for transportation, 2.8-3.2 mph, level, moderate pace, firm surface	37	75	112	224	449
backpacking, hiking or organized walking with a daypack	83	167	250	500	1,000
walking, household	21	43	64	128	257
walking, 3.5 mph, level, brisk, firm surface, walking for exercise	46	92	138	276	551
kayaking, moderate effort	53	107	160	321	641
swimming laps, freestyle, fast, vigorous effort	105	209	314	628	1,257
swimming, leisurely, not lap swimming, general	64	128	192	385	770
skiing, cross country, 4.0-4.9 mph, moderate speed and effort, general	96	192	289	577	1,154
skiing, downhill, alpine or snowboarding, moderate effort, general, active time only	57	113	170	340	680



## SAMPLE MEAL PLAN for 3200 CALORIES

The following sample meal plan meets or exceeds the dietary guidelines set by the American Heart Association, the American Cancer Society and the Surgeon General. The Health Enhanced Options provide suggestions that are high in fiber and phytonutrients, and contain no cholesterol. These options are also dairy-free, and often wheat-free and gluten-free, as well. If you have specific concerns, be sure to read ingredient labels.

### BREAKFAST

0.5	Cup	Amaranth Flakes OR Bran flakes
0.5		Banana OR Peaches & Watermelon
1		Gluten Free Muffin OR English Muffin
2	Tsp.	Earth Balance(tm) OR Other margarine
1	Cup	Almond/Rice/Soy/Oat Milk OR Skim Milk
0.5		Grapefruit OR Banana
		Herbal Tea OR Coffee

### LUNCH

4	Slice	Engine 2 Ancient Grain Sprouted Tortilla OR Whole wheat bread
4	Oz.	Lightlife ChikN Cutlet(tm) OR Sliced chicken
6	Tsp.	Spectrum Naturals Light Canola Mayo(tm) OR Light Mayonnaise
		Jicama/Red Pepper/Cauliflower slices OR Carrot/Celery sticks
1	Cup	Almond/Rice/Soy/Oat Milk OR Skim Milk
5		Nilla(tm) wafers OR Vanilla wafers
1		Peach OR Orange

### DINNER

6	Oz.	Baked Tofu Cutlet OR Broiled whitefish
0.67	Cup	Brown/Wild Rice OR Rice
1	Small	Heaven Mills(tm) gluten free mini challah OR Dinner roll
2	Tsp.	Earth Balance(tm) OR Other margarine
0.5	Cup	Black beans/Adzuki beans/Black-eyed Peas OR Peas
1	Cup	Broccoli OR Carrots
1	Cup	Almond/Rice/Soy/Oat Milk OR Skim Milk
1		Tossed Salad and Light Dressing
0.5		Peach OR Fruit Cocktail

### SNACK

2	Slice	Engine 2 Ancient Grain Sprouted Tortilla OR Whole wheat bread
1	Oz.	Vegan Gourmet(tm) Cheese OR Lowfat cheese
1	Tsp.	Vegenaise(tm) OR Mayonnaise
1	Cup	Pineapple Juice OR Orange juice
1		Blackberries/Strawberries OR Apple
1		Izze(tm) Sparkling Ginger OR Soft drink

## Higher Protein Foods

Foods that are higher in protein are used by the body to build tissue and muscle. All proteins, whether from plant or animal, are broken down by the body into amino acids, and then re-built into the proteins your body needs.

Proteins from plants will also contain fiber. Proteins from animals, birds, fish or insects will also contain cholesterol.

### HEALTH ENHANCED OPTIONS (also contain fiber)

- 1 Black bean burger
- 1 cup Peas
- 1 cup Vegetarian Chili
- 1 cup Snap peas or pea pods
- 1 cup Red beans
- 1 cup Tofu, edamame, or soybeans
- ½ cup Hummus
- ½ cup Garbanzo beans
- 1 cup Pea Soup
- 1 cup Quinoa
- ½ cup Sprouts
- ½ cup Veggie Burger Crumbles
- 1 cup Lentils or Mujadra
- 1 Bean burrito

### STANDARD MENU OPTIONS (also contain cholesterol)

- ½ cup Chicken
- ½ cup Turkey
- ½ cup Beef, beef ribs, steak, hamburger
- ½ cup Fish
- ½ cup Shellfish
- ½ cup Ham, Pig, pork, pork ribs, sausage
- ½ cup Lamb
- ½ cup Buffalo
- 2 slices Lunchmeat, bologna
- ½ cup Cottage Cheese
- 1 Egg

## Higher Carbohydrate Foods

Our bodies need higher carbohydrate foods for energy and metabolism. In their natural state, higher carbohydrate foods also tend to be high in fiber, low in fat, and contain no cholesterol.

Grains, fruits and vegetables are prominent in this category. Compared to all of the other food groups, fruits are our number one food source of vitamins, and vegetables are number one for minerals.

The carbohydrate category contains foods that are either high in fiber (i.e. broccoli, beans), or high in sugar (i.e. candy, donuts), or high in both fiber and sugar (watermelon, pineapple).

When the high carbohydrate food is still in its natural 'unrefined' state, it is typically also high in fiber, low in fat, and containing no cholesterol.

When the food contains 'refined sugar' or 'refined flour', it typically means fiber has been removed, usually in an effort to make the product's shelf life longer.

The HEALTH ENHANCED list will include options like berries, fruits, grains, and vegetables that are closer to their natural state, or are 'unrefined'. The fiber that is still naturally present in these 'unrefined' foods is very important for proper digestion, waste product transit time, blood sugar balance, and overall disease prevention. Therefore, the preventive nutritional approach would suggest food in its 'whole' and unrefined state whenever possible.

### HEALTH ENHANCED OPTIONS (whole foods)

- 1 slice whole grain bread
- ½ whole grain Bagel
- 1 cup whole grain cereal or mueslix
- ½ whole grain muffin
- 1 cup oatmeal
- 1 whole grain English Muffin
- ½ cup 'high fiber' or 'bran' (unrefined) cereal
- 1 slice sprouted bread or Ezekial™ bread
- 3 cups air-popped popcorn
- ½ cup whole grain or quinoa noodles
- ½ cup brown rice
- ½ cup corn
- 1 corn cob
- 1 cup squash
- 1 small baked potato

### STANDARD MENU OPTIONS (refined foods)

- 1 bread stick
- ½ donut
- ½ refined flour muffin
- ½ croissant
- ¼ cup cheese crackers
- ½ cup corn chips
- 1 cup microwave popcorn
- ½ cup 'refined' or presweetened cereals
- ¼ cup stuffing
- 1 dinner roll

## Higher Fat Foods

Humans need dietary fats for insulation, warmth, and healthy nerve conduction. An adequate amount of fat is also required to be able to absorb vitamins A, D, E, and K.

There are basically five different types of dietary fats: Essential, monounsaturated, polyunsaturated, saturated, and trans fats. Compared to the Standard American Diet intake, the World Health Organization recommends higher essential fats (like omega 3s), sufficient monounsaturated and polyunsaturated fats, lower saturated fat, and no trans fat (hydrogenated oils). The foods on the HEALTH ENHANCED list of choices contain no cholesterol.

*(Please note that animal and poultry foods are high in fat, but they are also considered protein foods. For this reason, you will find them listed on the Higher PROTEIN Foods List, on the STANDARD MENU List.)*

### HEALTH ENHANCED OPTIONS

2 TB non-dairy salad dressing  
2 TB of chia seeds  
2 TB of hempseeds  
2 TB of ground flax seeds  
1 handful Walnuts  
½ Avocado  
¼ cup Coconut  
1 TB Earth Balance margarine  
1 TB of Mayonnaise  
2 Olives  
1 TB Olive Oil  
2 TB Sesame seeds  
2 TB tahini sauce  
½ cup non-dairy pudding  
1 handful Almonds  
2 TB of almond butter  
1 handful peanuts  
2 TB peanut butter  
1 handful Cashews  
2 TB cashew butter  
1 handful pecans

### STANDARD MENU OPTIONS

1 TB of mayonnaise  
1 TB of butter, ghee, lard, shortening or margarine  
1 TB of coconut oil  
1 TB of corn, safflower, sunflower oil  
2 TB Cream  
¼ cup cottage cheese  
1 TB cream cheese  
1 slice or 3 cubes cheese  
2 TB Sour cream  
1 TB Ranch-style dressing  
½ cup Yogurt  
½ cup pudding

## Calcium-Rich Foods

Strong bones and healthy teeth require a symphony of nutritional building blocks, like magnesium, calcium, phosphorous, boron and vitamin D.

While the Standard American Diet is heavy in dairy products, other cultures with healthy teeth and bones eat a variety of 'beans and greens' combinations that provide the necessary building blocks. The choices in the HEALTH ENHANCED list are rich in calcium, magnesium and other building blocks, without the cholesterol or saturated fat found in dairy products.

### HEALTH ENHANCED OPTIONS

- 1 cup Broccoli
- 1 cup Bok choy
- 1 cup Calcium enriched orange juice
- 1 cup Raisin bran cereals
- ½ cup tofu
- 1 cup vanilla or chocolate soy milk
- 1 cup vanilla or chocolate almond milk
- 1 handful of Almonds
- 1 cup Collard Greens
- ½ cup Black-eyed peas
- 1 cup Kale
- 1 cup Turnip greens
- 1 cup Mustard Greens
- 1 handful Figs
- ¼ cup Parsley
- ½ cup Beans
- ¼ cup Basil
- ¼ cup Oregano
- ½ cup Lentils
- ¼ cup Cilantro
- ¼ cup Chives
- 1 handful Sesame seeds
- 2 TB Tahini sesame butter
- 1 handful Pumpkin Seeds

### STANDARD MENU OPTIONS

- ½ cup yogurt
- ½ cup cottage cheese
- ½ cup frozen yogurt
- 1 cup milk
- ½ cup ice cream
- ½ cup buttermilk
- 1 slice cheese
- 3 cubes cheese

## Snack Foods

Most food plans call for one to three servings of snacks per day. It is important to choose wisely, looking for snacks that are both healthy and tasty. Since there really is no such thing as an 'empty calorie', it is a good idea to be mindful what is coming along with each calorie.

For example, some snack calories come with added sodium, artificial flavoring and colors, or no natural fiber left to help balance the snack's blood sugar spike (and subsequent crash). Other snack calories, like whole fruits and vegetables, come with vitamins, minerals, fiber, and phytonutrients.

If you are considering snacks that are not whole foods, look for 'fruit drinks' that are 100% fruit juice, and feel free to add water to dilute the sugar content - especially if the juice is 'from concentrate'. Read labels on packaged foods, as many 'fruit snacks' and 'fruit pastries' contain little to no actual fruit.

### HEALTH ENHANCED OPTIONS

½ cup of any fresh or fresh-frozen fruit  
(apple, banana, kiwi, peach, pear, starfruit,  
pineapple, mango, melon, etc.)  
1 cup tomato soup  
1 cup rice crackers  
¼ cup dried banana chips, raisins, cranberries,  
dates, figs  
1 handful walnuts, pecans, hazelnuts, filberts,  
peanuts, or cashews  
1 handful soynuts  
1 handful pumpkin or sunflower seeds  
2 TB veggie cream cheese  
1 cup vegetable soup  
1 cup of any fresh or frozen berries  
(strawberries, blueberries, lingonberries,  
raspberries, blackberries, marionberries,  
etc.)  
1 plant-based protein bar  
2 TB dipping hummus  
2 TB dipping sesame tahini  
1 piece sprouted tortilla  
1 piece whole grain flatbread  
½ cup frozen peas or edamame  
½ cup whole grain crackers  
1 slice sprouted bread  
2 TB almond, hazelnut, peanut, or cashew butter  
1 cup of any fresh vegetable  
(tomato, celery, carrot, jicama, romaine,  
spinach, yam, sweet potato, etc.)  
½ cup fresh fruit juice, NOT from concentrate  
1 cup fresh vegetable juice

### STANDARD MENU OPTIONS

½ cup fruit cocktail  
½ cup canned fruit  
½ cup canned vegetables  
½ cup crackers  
½ cup yogurt  
½ cup cottage cheese  
1 slice cheese  
2 TB ranch-style dipping dressing  
1 cup of canned soup  
½ cup fruit juice, from concentrate  
1 protein bar

# What do the Results Mean?

## Weight

This number is your total body weight. Knowing the actual composition of the body is much more valuable when designing strategies for optimal health.

## Target Weight

This target is calculated using a set of standardized formulas. Your practitioner can choose to manually enter a different target weight, if desired.

## Body Mass Index

The BMI is derived by dividing total weight (kilograms) by height (meters), squared. BMI is a general measure typically used to determine if someone is overweight. However, knowing the actual composition of the body is much more accurate. For example, two people could be the same height and weight, but the actual fat, fat free mass and other measures could vary greatly.

## FAT

There are many reasons we need an appropriate amount of body fat. Fat is important for energy storage, insulation and warmth, and for the absorption of fat soluble vitamins, for example.

## Fat Free Mass (FFM)

The FFM value represents everything added up in your body, except for the fat. FFM can also be referred to as Lean Body Mass.

## Lean Dry Mass (LDM)

The LDM value is derived by subtracting all of the water from the Fat Free Mass.

## Total Body Water (TBW)

TBW is the total amount of water within the body, both inside and outside of the cells.

## Intra-Cellular Water (ICW)

The ICW value represents the portion of Total Body Water that is located inside of our cells.

## Extra-Cellular Water (ECW)

The ECW value represents the portion of Total Body Water that is located outside of our cells, for example: blood plasma, spinal fluid, joint fluid, and edema.

## Basal Metabolic Rate (BMR)

BMR (sometimes also called "Resting Metabolic Rate", or RMR) is the number of calories that a person would burn during 24 hours spent completely at rest.

## Daily Energy Expenditure (DEE)

DEE adjusts the BMR value based on the selected activity level, to get an estimate of how many calories are burned, in total, during the course of a typical day. If you regularly eat more than this many calories, you can expect to gain weight. If you regularly eat less, you can expect to lose weight. Again, remember that upgrading the quality of the calories you eat can help you obtain your weight and health goals more efficiently.

## Phase Angle

The PA reflects the relative contributions of fluid (resistance), and cellular membranes (capacitive reactance). It is calculated as the arctangent of reactance over resistance, measured in degrees. Typical Phase Angle measurements (NHANES human data) range between 4 - 9.

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