

Client: Mai

Commendations: Fiber and vitamins are in the good amount keep it going

Recommendations: Refined sugar and LDL cholesterol are a little bit high for her. She should decrease that. Too low amount of complex carbohydrates.

1. should eat more complex carbs
2. eat less sweet drink
3. eat less cholesterol

Dietary recommendations

-Mai should begin day 1 with 40% of complex carbs. 30% of Protein. eat less sweet drink or change to low sugar juice (order at the shop). Eat different color vegetables (orange, green, yellow). If hungry eat yogurt. Focus on a lot of vegetables.

-Mai should change her habit; not to eat sodium snack or eat less. Don't eat deep fried things such as potato fried. she should change from sodium snack to eat fruits instead.

-Mai should drink more water like in amount of 3-4 bottles per day. This could help her digest food. She should eat more healthy fat, which that from avocado, fish, pumpkin.

-Mai should eat so much more beans than this. In nutrition calculator she ate 0% of beans.