

Nutrition Coaching Evaluation

Name: Ashish Singhania
DOB: Nov. 5, 1988

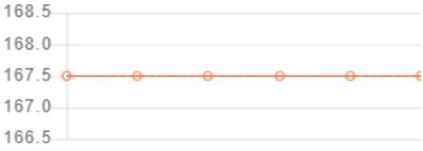




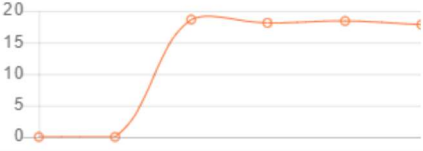



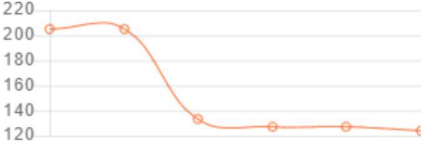
Blood Group: O+
Country: India

Contact: +91-9685177777
Email: ashish.singhania@hotmail.com



Your Progress

Assessment Progress

Assessment Date		Nov 21,2022	Jan 05,2023	Feb 21,2023	Mar 31,2023	Apr 28,2023	May 23,2023
Height(cm)		167.5	167.5	167.5	167.5	167.5	167.5
Weight(Kg)		71.9	69.9	67	64.2	65.2	63.2
BMI		25.6	24.9	23.9	22.9	23.2	22.5
Fat(%)		33.8	33.8	23.4	21.9	21.9	20.7
Fat Mass(kg)		24.30	23.63	15.68	14.06	14.28	13.08
Muscle Mass(Kg)		0.00	0.00	18.63	18.10	18.39	17.82
Visceral Fat		11	11	6	6	6	5
Subcut Fat Trunk(%)		337.8	337.8	208	191	191	173.8
Subcut Fat Arm(%)		296	296	143.6	131	131	113
Subcut Fat Leg(%)		205	205	133.3	127.1	127.1	124

Assessment Date	Nov 21,2022	Jan 05,2023	Feb 21,2023	Mar 31,2023	Apr 28,2023	May 23,2023
Total Skeletal Muscle(%)			27.8	28.2	28.2	28.2
Skeletal Muscle Trunk(%)		95.1	95.1	101.3	101	101
Skeletal Muscle Arm(%)		95.9	95.9	104.6	102	102
Skeletal Muscle Leg(%)		83.4	83.4	86.3	87	87

Genetic Report

Fitness Report	
Good	Endurance , Aerobic Capacity Or Vo2 Max , Muscle Power , Lung Function , Handgrip Strength
Favorable	Blood Pressure Response To Exercise , Response To Resistance Training
Nutrition Report	
Skin Report	
Personality Report	
Health Report	

Expert Inputs

- **Weight (in Kgs):** During your nutrition plan with us, you lost 8.7kgs weight. You should always be focusing on increasing your body weight in terms of muscle mass and reducing fat. Including proteins like lentils, sprouts, pulses and legumes will help you in the muscle gaining process. Continuing to follow the given Nutrition plan to see better compliance and inclusion of superfoods like Almonds/Pecan Nuts, Egg whites, Cinnamon Powder & Wheatgrass powder will help to decrease fat and gain lean muscles in the coming months.
- **Body Mass Index (Kg/m2):** The BMI is defined as the body mass divided by the square of the body height, and is universally expressed in units of Kg/m2, resulting from mass in kilogram and height in meters. BMI is used to screen for weight categories that may give an understanding of how it leads to health problems but it is not diagnostic of the body fatness or health of an individual. As you have decreased your weight, your BMI has also increased from 25.6 to 22.5 Kg/m2. The ideal BMI is in the range of 18.5 to 24.9 Kg/m2. It is advisable to include fat burning foods such as Cucumber, Lemon, Chia seed in the diet.
- **Body Fat Percentage (%):** Body fat percentage is a measurement of body composition which determines how much of the weight of your body is fat. For men, the ideal body fat % should be less than 20 %. Continue the healthy habits that you have inculcated so as to maintain them further and choose wisely your foods. Do not starve as your body is still asking for those calories that it requires.
- **Visceral Fat and Subcutaneous Fat % :** Visceral body fat, also known as 'hidden' fat, is fat stored deep inside the belly, wrapped around the organs, including the liver and intestines. It makes up about one tenth of all the fat stored in the body. Most fat is stored underneath the skin and is known as subcutaneous fat. A rating between 1 and 12 indicates that you have a healthy level of visceral fat. You have reduced your visceral fat from 11 to 5 and

reduction in subcutaneous fat from your arms, trunk and legs is seen. Follow the given nutrition plan for improved results.

- Overall, the changes that we have seen in your body composition have been consistent and good. Do ensure to remain on track. For this, it is important for you to continue to follow the nutrition plan while also staying physically active.

- In case of gain of fat %, loss of energy, falling back from the routine or any other issues please contact your Nutritionist for further advice.

• TIPS FROM RYAN'S DESK:

POSITIVES :

- Overall good reduction in weight, fat %, Visceral Fat and improvement in muscle mass.
- Energy levels are good.
- Gut Health and Sleep is improved.

SUGGESTIONS:













- Can do acupuncture for motion sickness.
- Can do Dry sauna for anti ageing : once a week , 2 sessions in morning and 2 sessions in evening for anti ageing
- Check out book by Dr. Davidson : based in LA.
- Spend 30 secs to 1 min in morning for gratitude.
- Look to meditate / or listen to binaural beats to reduce stress and keep salt lamp in office to reduce stress and improve positive energy.
- Try listening to your workout playlist when feeling low : helps bump up the mood.
- Take a break from all supplements for 3 weeks and restart again.






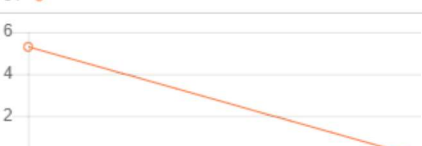






• BLOOD TESTS SUMMARY :













- Overall reduction in HBA1C, LDL cholesterol , VLDL cholesterol, Triglycerides, Total Cholesterol, S.G.P.T , S.G.O.T, Uric Acid & TSH levels was seen.
- S.G.P.T and S.G.O.T still in deranged parameters. Consume foods like celery, mint, nettle leaf tea for improved liver health.













Blood Test Analysis













Date	Nov 11,2022	Apr 19,2023
Anti Ccp (U/ml)	1.71	
Insulin - Fasting (µ IU/ml)	9.95	5.02
Glycosylated Haemoglobin (Hba1C) (%)	5.2	4.9
Glucose - Fasting (mg/dl)	101	86.23
Average Blood Glucose – Abg (mg/dl)	103	94

Date		Nov 11,2022	Apr 19,2023
Apo Lipoprotein B (mg/dl)		104	
Apo Lipoprotein A1 (mg/dl)		108	
Mchc (g/dl)		29	28
Mch (pg)		18.5	17.5
Haemoglobin (gm/dl)		13.2	
Absolute Monocyte Count (10 ³ /ul)		0.19	0.14
Absolute Eosinophil Count (cells/mm)		140	
Absolute Basophil Count (10 ³ /ul)		0.04	0.05
Mcv (fl)		63.8	62.5
Pcv (Haematocrit) (%)		45.5	42.8
Androstenedione (ng/dl)		85.32	
Hhscrp (High Sensitive C - Reactive Protein) (mg/l)		1.1	

Date		Nov 11,2022	Apr 19,2023
Non Hdl (mg/dl)		156	118.7
Vldl (mg/dl)		30.12	12.88
Ldl/Hdl Ratio		3.7	2.7
Triglycerides (mg/dl)		151	64
Hdl Cholestrol (mg/dl)		37	42
Total CHO/HDL ratio (mg/dl)		5.3	2.7
Total Cholestrol (mg/dl)		193	161
S.G.O.T (U/L)		60.1	36.6
S.G.P.T (U/L)		92.1	55.7
Bilirubin - Total (mg/dl)		0.55	0.68
Bilirubin - Indirect (mg/dl)		0.43	0.12
Bilirubin - Direct (mg/dl)		0.12	0.14

Date		Nov 11,2022	Apr 19,2023
Ggt (U/L)		71	34.4
Blood Total Testosterone (ng/dl)		424	715
Zinc (mcg/ml)		95.37	
Unsaturated Iron-Binding Capacity (Uibc) (ug/dl)		259.3	226.5
Total Iron Binding Capacity(Tibc) (ug/dl)		385.5	302.6
Iron (ug/dl)		99	76.1
Magnesium (mg/dl)		2.06	
Calcium (mg/dl)		9.45	9.53
Copper (mcg/dl)		113.8	
Globulin (gm/dl)		2.92	
Albumin (gm/dl)		4.55	4.47
Uric Acid (mg/dl)		4.59	3.69

Date		Nov 11,2022	Apr 19,2023
E - Glomerular Filtration Rate (ml)		116	92
Cortisol (Am) (microgm/dl)		10.5	
Homocysteine (umol/L)		14.4	
T3 (Total) (ng/ml)		117	116
T4 (Total) (ng/ml)		9.3	8.8
Tsh (μ IU/ml)		1.90	1.84
Urinary Microalbumin (mg/dl)		5	
Vitamin B2 (ng/ml)		9.48	6.36
Vitamin B1 (ng/ml)		3.85	1.6
Vitamin D (25 - Oh) (ng/ml)		19.35	71.96
Vitamin K 1 (ng/mL)		0.23	0.17
Vitamin E (Alpha Tocopherol) (ng/ml)		13	10346.8

Date		Nov 11,2022	Apr 19,2023
Vitamin B7 (Biotin) (ng/ml)		0.47	0.41
Vitamin B5 (Pantothenic Acid) (ng/ml)		81.49	47.45
Vitamin A (mcg/dL)		616	543.16
Vitamin B12 (pg/ml)		639	879
Vitamin B9 (Folate) (ng/ml)		639	21.9
D.Fariniae (D2) - Specific Ige (ng/ml)			0.12
Chloride (Cl-) (mmol/L)			101.2
Sodium (Na+) (mmol/L)			141.9
Alkaline Phosphatase (U/L)			111.9
hemoglobin (g/dl)			12
Absolute Neutrophil Count (10^3/ul)			3.79
Platelet Count (lakhs/cmm)			2.86

Date Nov 11,2022 Apr 19,2023

Absolute Lymphocyte Count (10³/ul) 1.8



Total Wbc (10³/ul) 5.82



Rbc (Million/cmm) 6.85



Total Neutrophils (%) 64.1



Eosinophil (%) (%) 2



Basophils (%) (%) 0.8



Monocytes (%) (%) 2.4



Lymphocytes (%) (%) 30.4



Immature Granulocyte Percentage (%) 0.3



Tc/ Hdl Ratio 3.8















Serum Globulin (gm/dl) 2.89



Ldl Cholestrol (mg/dl) 112



Date Nov 11,2022 Apr 19,2023

Bilirubin – Indirect (mg/dl)		0.54
Ferritin (ng/ml)		179.6
Transferrin Saturation (%)		25.15
Total Proteins (gm/dl)		7.36
Serum Albumin/Globulin Ratio		1.55
Urea (mg/dl)		29.75
Creatinine (mg/dl)		1.05
Bun / Creatinine Ratio		13.24
Folic Acid (ng/ml)		0.21
Vitamin B6 - Pla (ng/ml)		7.48
Vitamin B3 (Niacin) (ng/ml)		1.03
Vitamin D3 (ng/ml)		71.84

Success Points

-
- Compliance to the Nutrition Plan

Benefit: It is good to see that you have been following the Nutrition Plan with consistency and dedication. Keep in mind that the amount of calorie intake has to be sufficient to lose the fat tissue and keep your muscles. If there is a low energy intake, muscle wasting can occur. The best way to balance the food intake to keep the muscles and lose fat is to incorporate enough protein and a nutrient dense diet at every meal. Kindly stick to your Nutrition Plan to ensure better results.

- Regular With Your Superfoods And Supplements Suggested

Benefit: Superfoods Are The One Which Got Higher Nutritive Value And Supplements Are Given For The Nutrients Which We Are Not Able To Get From Natural Extract In An Adequate Amount

- Improved hydration

Benefit: You have learnt that being hydrated is equally important like Nutrition. Water has immense beneficial effects to our overall health, starting from regulating the body temperature, lubricating the joints and maintaining electrolyte balance in the body. It also helps in transporting nutrients to give you energy and keep you healthy. It is advisable to consume at least 3 Litres of water or more to ensure good results.

- Improved on overall endurance and stamina

Benefit: It is good to see that you have improved with your stamina as well. Consider Nutrition as a long lasting affair. Follow your Nutrition Plan and include foods such as beetroot juice / fruits and Pumpkin seeds to get better results.

- Improved Blood Parameters & Symptoms.

Benefit: It is good to see reduction in acidity , bloating , cholesterol levels. Triglycerides, Uric Acid and Improvement in B vitamin levels. Keep including superfoods and supplements to get best results.

Points to work on

- Sleep quality is essential for recovery

Benefit: Building recovery time into any training program is important because this is the time that the body adapts to the stress of exercise and the real training effect takes place. Recovery also allows the body to replenish energy stores and repair damaged tissues. Exercise or any other physical work causes changes in the body such as muscle tissue breakdown and the depletion of energy stores (muscle glycogen) as well as fluid loss. Take a complete 8 hours of sleep at night. Less than a standard 8 hours of deep sleep impairs the cognitive performance, glucose metabolism and appetite regulation. A non-REM, deep sleep provides adequate energy and release hormone for anabolism which will improve the turn time, speed and accuracy by 5%. Consuming Walnuts will help you achieve the same.

- Improve Liver Health

Benefit: Keep including foods like dandelion tea / nettle leaf tea, celery juice & mint leaves for detoxification of liver and reduction in SGPT & SGOT levels.

- Meal planning

Benefit: Planning your meals in advance will help to ensure it is wholesome and complete in all aspects of vegetables, lentils or and rice or roti.

- Keep a check on blood tests

Benefit: Keep a check on the blood tests every 6 months and the deranged levels every 3-4 months. This gives you an idea on the deranged blood parameters & what to focus on.

Superfoods

Superfood	Category	Recommendation(if)
Chamomile Tea	Anxiety & Stress	<ul style="list-style-type: none">• chamomile tea may function like a benzodiazepine. Benzodiazepines are prescription drugs that can reduce anxiety and induce sleep
Walnuts	Omega 3 fatty acids	<ul style="list-style-type: none">• Saffron is an all-natural mood booster. When you consume saffron, it changes the levels of neurotransmitters such as dopamine, norepinephrine, and serotonin in the brain aka helps keep your mood balanced
Amla Powder	Immunity	<ul style="list-style-type: none">• Amla powder has purest form of vitamin c and can help boost immunity and fight infections.
Celery and Mint	Liver Health	<ul style="list-style-type: none">• Celery and mint helps reduce fat build-up in the liver. The nutrients in celery protect the liver, and actually, help the liver produce enzymes that help flush fat and toxins out. Celery juice improves digestion by increasing circulation in the intestines, getting things going and moving.
Lemon Water	Weight Loss	<ul style="list-style-type: none">• lemon water is low in calories and can promote fullness in the same way as regular water, it can be an effective way to help reduce calorie intake.
Saffron	Anxiety & Stress	<ul style="list-style-type: none">• Saffron is an all-natural mood booster. When you consume saffron, it changes the levels of neurotransmitters such as dopamine, norepinephrine, and serotonin in the brain aka helps keep your mood balanced
Oats	Gut Health	<ul style="list-style-type: none">• Oats contain a unique type of fibre that nourishes and restores healthy gut bacteria.
Nettle leaf tea	Antiinflammatory & Liver Health	<ul style="list-style-type: none">• Nettle's antioxidant properties may protect your liver against damage by toxins, heavy metals and inflammation
Apple	Gut Health	<ul style="list-style-type: none">• Apples contain pectin, a type of fiber that acts as a prebiotic. This means it feeds your gut microbiota, which is the good bacteria in your gut. Being involved in many functions related to both health and disease, your gut microbiota plays an essential role in your overall well-being.
Manuka Honey	Gut Health	<ul style="list-style-type: none">• Manuka honey produces a prebiotic called fructo-oligosaccharides, which helps probiotics in the gut to stay healthy

Superfood	Category	Recommendation(if)
Fennel Seeds	Acidity & Indigestion	<ul style="list-style-type: none"> Anethole is the main component that gives fennel seeds that gives soothing muscles in the stomach and intestines helps to relieve gassiness that's from constipation or acid reflux.
Cinnamon Powder	Fat Burning	<ul style="list-style-type: none"> Cinnamon contains a compound cinnamaldehyde which is known to aid metabolism, regulate blood sugar levels and improve insulin function and thus aids in reducing visceral fats. All this collectively can help in weight loss.
Black Coffee	Energy Levels	<ul style="list-style-type: none"> Since black coffee is rich in caffeine, it helps in the stimulation of metabolic activity and increases your energy level, thereby suppressing hunger. As mentioned before, black coffee is a low-calorie drink, and also does not contain fats or cholesterol. This means that you do not put on any weight by drinking black coffee daily.
Brazil Nuts	Selenium Needs	<ul style="list-style-type: none"> Brazil nuts contain a significant amount of selenium. Selenium acts as an antioxidant, which means it protects your cells from damage caused by exposure to toxins and subsequently slows down ageing of skin.
Hemp Seed Powder	Zinc and Magnesium	<ul style="list-style-type: none"> Hemp protein promoters claim that it boosts metabolism and helps people lose weight, burn fat, and build muscle
Blueberries	Prebiotics	<ul style="list-style-type: none"> Blueberries are also a well-known prebiotic — its consumption in fresh, frozen, dried, and supplement form supports healthy digestion, fights inflammation, and gut dysbiosis. Its fiber-rich content allows just a cup of it to supply an entire 14% of our fiber daily intake.
Glutathione Rich Foods (Turmeric/ Asparagus/ Broccoli/ Almonds/ Okra)	Recovery	<ul style="list-style-type: none"> These foods oxidative stress, decreasing muscle fatigue and aiding in the recovery for intense or endurant physical activity.
Cranberries	Lymph Nodes	<ul style="list-style-type: none"> Cranberry is an excellent emulsifier of fat. It will help break down excess fat for the lymphatic vessels to carry away. Choose fresh cranberry fruits and juices.
Green Tea	Weight Loss With Exercise	<ul style="list-style-type: none"> Green tea contains bioactive substances like caffeine and EGCG, which can have powerful effects on metabolism. Compounds in green tea increase levels of hormones that tell fat cells to break down fat. This releases fat into the bloodstream and makes it available as energy.

Superfood	Category	Recommendation(if)
Wheat Grass	Obesity	<ul style="list-style-type: none"> Wheat grass helps in suppressing your appetite and stimulates your metabolism, in turn helping you lose weight and inches. Wheatgrass has a high concentration of iron, magnesium, calcium, amino acids, and vitamins C, A and E, B12, B6.
Coconut Oil	Non-Alcoholic Fatty Liver Disease	<ul style="list-style-type: none"> Virgin coconut oil reverses hepatic steatosis by restoring redox homeostasis and lipid metabolism which in turn helps in the treatment of non - alcoholic fatty liver.
Dandelion Root Tea	Detox and Liver Health	<ul style="list-style-type: none"> Dandelion tea is an excellent source of potassium, a mineral and electrolyte that stimulates the heartbeat. Potassium may help the kidney filter toxins more effectively and improve blood flow. The polysaccharides in dandelion are known to reduce stress on the liver and support its ability to produce bile.
Pomegranate seed powder	Weight Loss	<ul style="list-style-type: none"> Pomegranate is a rich source of anti-inflammatory properties, antioxidants, and fibre. This combination of nutrients can help to bind extra fat and cholesterol from the body. "Therefore pomegranate can not only help in weight loss, but can also prevent weight gain,"

Supplements Already using

Brand	Name	Quantity	Per	Duration	Time	Notes
Doctor's best	Calcium 500mg	1 tablet	Day	Since more than 6 months	10.00am	1 tablet post breakfast - on alternate days (CAN STOP FOR 3 weeks and start again)
Doctor's best	Creatnine 5g	1 capsule	Day	Since more than 6 months	6.30pm	Pre workout (CAN STOP FOR 3 weeks and start again)
Doctor's best	Alpha Lipoic Acid 200mg - 600mg/day	1 tablet	Day	Since more than 6 month	10.00am and 1.30pm	1 tablet post breakfast & 1 tablet post lunch (CAN STOP FOR 3 weeks and start again)
HEALTHAID LIVERCARE	LIVERCARE	2 capsules	Day	Since 6 months	10.00am and 1.30pm	Post breakfast & Post Lunch
ABBOTT NUTRITION	VITAMIN D3 ORAL SOLUTION (ARACHITOL NANO) - 60000 IU	5 ml	Month	Since 6 months	10.00am	for 3 months (Can Stop For 3 weeks and start again)
HEALTHAID	COLIPROBIO (30 BILLION)	2 softgels	Day	Since 3 months	7,00am and 10.30pm	on waking up & at bedtime (CAN STOP FOR 3 weeks and start again)
FAST & UP	L- CARNITINE LEMON FLAVOR	2 capsules	Day	Since 5 months	7.00am and 7.00pm	1 capsule : During workouts & in empty stomach in morning. (CAN STOP FOR 3 weeks and start again)

Brand	Name	Quantity	Per	Duration	Time	Notes
HIMALAYAN ORGANICS	MAGNESIUM CITRATE + GLYCINATE	1 tablet	Day	Since 3 months	10.00am	Post Breakfast (CAN STOP FOR 3 weeks and start again)
ZINZINO	BALANCE OIL + (300ML) (ZINZINO)	10ml	Day	Since 6 months	1.30pm	Post lunch : everyday (CAN STOP FOR 3 weeks and start again)
Dr. Reddy's laboratories	BECOZINC SYRUP	1 tsp	Day	Since 3 months	9.30pm	Post dinner -alternate days. (CAN STOP FOR 3 weeks and start again)
OPTIMUM NUTRITION	GLUTAMINE	4 tsp (20g)	Day	Since 6 months	7.00am and 5.00pm	On waking up & pre workout (CAN STOP FOR 3 weeks and start again)
BESTSOURCE NUTRITION	PHOSPHATIDYLSERINE	1 capsule	Day	Since 2 months	7.00am	On waking up (CAN STOP FOR 3 weeks and start again)
DR. MERCOLA	LIPOSOMAL VITAMIN C (1000 MG)	1 tablet	Day	Since 4 months	6.00pm	before gym (CAN STOP FOR 3 weeks and start again)
DR. MERCOLA	VITAMINS D AND K2 (5000 IU VITAMIN D &180 MCG VITAMIN K2) (Dr. Mercola)	1 tablet	Day	Since 3 months	10.00am	Post Breakfast (CAN STOP FOR 3 weeks and start again)
NOW FOODS	METHYL FOLATE (1000 MCG)	1 tablet	Day	Since 4 months	10.00am	post breakfast. alternate days (CAN STOP FOR 3 weeks and start again)

Supplements Recommended 🗑️

Supplement

Name	Portion	Notes
VEGA SPORT® PREMIUM PROTEIN	1 Scoop	Post Workout

Maintenance

- Think Lifestyle Change, Not Short-Term Diet Permanent Weight Loss Is Not Something That A "Quick-Fix" Diet Can Achieve Instead, Think About Weight Loss As A Permanent Lifestyle Change—A Commitment To Your Health For Life Various Popular Diets Can Help To Jumpstart Your Weight Loss, But Permanent Changes In Your Lifestyle And Food Choices Are What Will Work In The Long Run By Enrolling With Qua Nutrition, You Discovered Your Capacity So, Always Follow Your Capacity

- For A Healthy Living, Choose Beans, Eggs, And Nuts (With Emphasis On Beans And Nuts) Choose Foods That Are Low In Saturated Fats, Trans Fats, Cholesterol, Salt (Sodium), And Added Sugars; Look At The Labels Because The First Listed Items On The Labels Comprise The Highest Concentrations Of Ingredients

- Change The Cooking Oil Every 3 To 4 Months And Use No More Than 500 ML Of Oil Per Month

- Cooking Foods (Above 165 ° F) Destroys Most Harmful Bacteria And Other Pathogens; If You Choose To Eat Uncooked Foods Like Fruits Or Vegetables, They Should Be Thoroughly Washed With Running Treated (Safe To Drink) Tap Water Right Before Eating

- Keep A Food Journal To Pay Attention To What You Eat And How You Feel When You Eat It You Can Write Down Your Meals Or Download An App For Your Smart Phone Or Tablet Just Track It One Day A Week Or For A Few Days To Get An Idea Of What And How You Eat
-

- Here's something really important to remember: what works for someone else, might not work for you. That's why it's important to pick the activities that resonate most with you, the ones that push you to become the best you that you are capable of being and to keep doing those.
-

Prepared By: Ryan Savio Fernando (Nutrition Coach), Aesha Kalpesh Mehta (Dietitian)
Date: 31 May,2023

