



YOUR MATCHING DIET



Matching Diet Type p.8	MEDITERRANEAN DIET
Response To Monounsaturated Fats p.10	INCREASED BENEFIT
Response To Polyunsaturated Fats p.11	NEUTRAL

EATING BEHAVIOR TRAITS



Snacking p.13	INCREASED
Hunger p.13	TYPICAL
Satiety - Feeling Full p.14	TYPICAL
Eating Disinhibition p.14	MORE LIKELY
Food Desire p.15	TYPICAL
Sweet Tooth p.15	TYPICAL

FOOD REACTIONS



Caffeine Metabolism p.17	SLOW METABOLIZER
Bitter Taste p.18	TASTER
Sweet Taste p.18	TYPICAL
Lactose Intolerance p.19	LESS LIKELY
Alcohol Flush p.19	LESS LIKELY

NUTRITIONAL NEEDS



Vitamin B6 p.21	STAY BALANCED
Vitamin B12 p.22	OPTIMIZE INTAKE
Folate - Folic Acid p.22	OPTIMIZE INTAKE
Vitamin A p.23	INCONCLUSIVE
Vitamin D p.24	OPTIMIZE INTAKE
Vitamin E p.25	OPTIMIZE INTAKE

EXERCISE



Endurance Training p.28	ENHANCED BENEFIT
Strength Training p.29	BENEFICIAL
Muscle Power p.29	ENHANCED MUSCLE POWER
Achilles Tendinopathy p.30	INJURY PRONE
Weight Loss Response To Exercise p.30	EXERCISE STRONGLY RECOMMENDED
Blood Pressure Response To Exercise p.31	EXERCISE STRONGLY RECOMMENDED
HDL (Good) Cholesterol Response To Exercise p.31	NORMAL BENEFIT
Loss Of Body Fat Response To Exercise p.32	NORMAL BENEFIT
Insulin Sensitivity Response To Exercise p.32	ENHANCED BENEFIT

YOUR BODY AND WEIGHT



Obesity Index p.35	LOW
Weight Loss-regain p.36	MORE LIKELY TO GAIN WEIGHT BACK
Metabolism p.36	NORMAL
Adiponectin Levels p.37	POSSIBLY LOW

METABOLIC HEALTH FACTORS



Elevated LDL Cholesterol p.39	AVERAGE
Decreased HDL Cholesterol p.40	ABOVE AVERAGE
Elevated Triglycerides p.41	ABOVE AVERAGE
Elevated Blood Sugar p.42	ABOVE AVERAGE