Mayer - Demo, Lisa

Food analysis of 2018-11-02
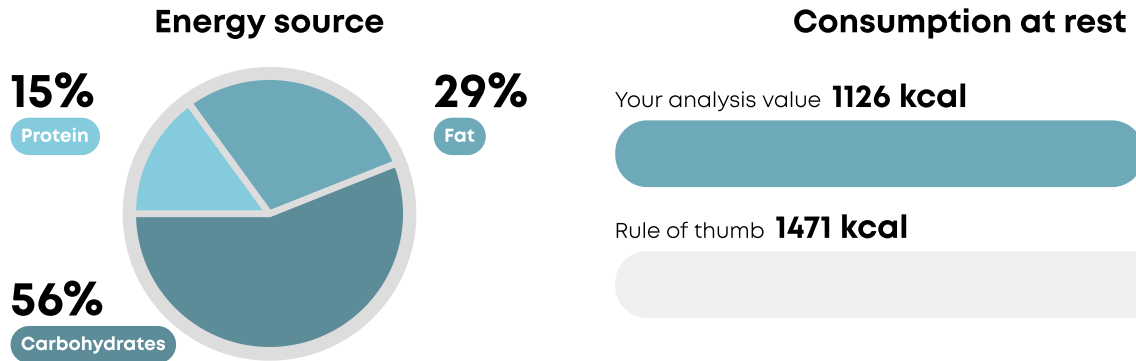
Height	1.68 m
Weight	58 kg

Assessment of nutrition

The metabolism values of your analysis:

Energy source

15%
Protein

29%
Fat

56%
Carbohydrates

Consumption at rest

Your analysis value **1126 kcal**

Rule of thumb **1471 kcal**

Rating

This means:

Time for the next step!

Your analysis has shown that you currently burn too few calories and therefore too little energy. The ideal metabolic situation would also be a dominant fat metabolism. Let's turn these screws together!
Regular and properly coordinated sports and exercise sessions in conjunction with a targeted nutrition strategy will help you reach your goal in a healthy and timely manner.

Your energy sources

15%
Protein

29%
Fat

56%
Carbohydrates
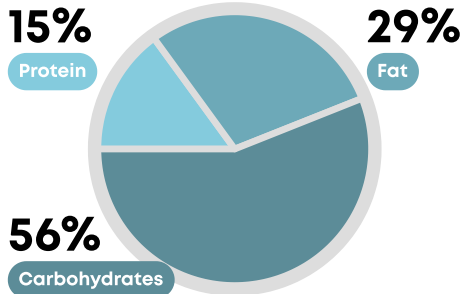
What gives your body energy? You can find that out through a respiratory gas analysis. It analyses your metabolism and determines the distribution of nutrients and energy sources such as fats and carbohydrates. Concrete recommendations for your nutrition and strength training can be derived from this. The following applies for most people: Ideally, the carbohydrate share does not make up more than 20% of the energy source.

Your basal metabolic rate

Your analysis value **1126 kcal**

Rule of thumb **1471 kcal**
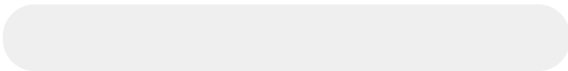
It describes the amount of kcal your body burns at rest within 24 hours in order to supply your muscles, organs and brain with sufficient energy. Good to know: The quantity and quality of the muscles have a significant influence on the basal metabolic rate. If the basal metabolic rate does not burn enough kcal and fats, your body quickly stores fat, which is very difficult to get rid of.

Performance metabolic rate

Performance metabolic rate **1395 kcal**
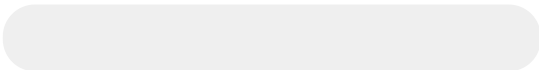
Your average loss during the day from work, sports, leisure activities. It describes the additional energy requirement for any kind of activity during the day, for example at work, during leisure time or while under stress. Good to know: The performance turnover is much more variable than the basal turnover and can even vary greatly from day to day.

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