

## Menu Plan

<p><b>WARNING!</b>                  The IDMG software is not intended for diagnosis. IDMG is a medical software Class I with exemption (Library and statistics).                  IDMG screening scoring system is estimated from meta-analysis and related statistical results.                  It should be used to indicate the need for further evaluation according to the clinical context and physician opinion- not as a basis for diagnosis</p>	
<b>Subject ID</b>	<b>Practitioner</b>
First/Last Name: Veronica Avalos	Address:
Weight : 130.0 Pounds	Title:
Height: 5 Feet 2 Inch	
Date of birth: 9-9-1981	
Gender: Female	
	Telephone / Fax / E-mail:
<b>Measurement conditions</b>	Name : Administrator
Examination performed at: 11-30-2024 11 : 48	Physician's notes:
Registration method: A1 (58,0,100,100,0) N1 (55,0,100,100,0)	
<i>Statistical analysis performed from the upload of ES Complex data, lab tests, LD clinical investigations and meta-analysis, and lifestyle recommendations (DASH Diet).</i>	
<b>Clinical context</b>	
Symptoms :	
<b>Check-Up</b>	
No symptom, no treatment	
Medications :	
Daily Activity Level: Athlete, fitness or athlete morphology Systolic / Diastolic pressure: 121 / 82	
Reason for consultation:	Signature of the practitioner :

**Suggested diet and micro nutrition advices 1**

*The advices in nutrition and micro nutrition could be revised in the next follow up examination. The advices do not take care about the clinical context, current treatment and specific lifestyle such as vegetarian, athletes. The advices are issue from Recommended Dietary Allowances, 10th Edition. National Academy Press 1989-1999. ISBN: 0-309-04633-5 , the DASH Diet, American Diabetes Association and the Nutrition Source from Harvard School of Public Health.*

<i>NOT RECOMMENDED FOODS</i>	<i>RECOMMENDED FOODS</i>
<i>Vegetables Egg Plant Animal protein Salami , Frankfurters, Marinated herring, Beef liver Carbohydrates Brewer's yeast, Sodium glutamate (often used in Chinese cooking) Drinks Certain wines (Sauternes, Chianti, Riesling, Porto), Beer Fruit Bananas</i>	<i>Animal protein Egg-white, Fish Carbohydrates Rice Drinks Green tea Herbs Garlic Plant protein Soy Cereals Bran</i>
<i>REGIME</i>	<i>COOKING METHODS</i>
<i>Daily Energy Expenditure (DEE): 2488 Kcal</i>	<ul style="list-style-type: none"> <li>· <i>Steaming is to be preferred to all other methods.</i></li> <li>· <i>For cooking food: olive, peanut or palm oil, without ever allowing it to smoke.</i></li> <li>· <i>For improved digestion, advice for cooking : carrots, tomatoes, broccoli, spinach then add olive or colza oil after cooking.</i></li> <li>· <i>To prepare fish, marinate in lemon juice, wine or oil, then steam or poach in stock</i></li> <li>· <i>Do not burn or carbonize meat and throw away the gravy.</i></li> </ul>

**Suggested diet advices 2**

<b>MICRONUTRITION</b>	<b>FOOD ASSOCIATIONS</b>
<p><b>Vitamins</b>                      Vit. B5, Vit.C  <b>Trace elements</b>                      Zinc nickel cobalt ,Cobalt Manganese ,Iodine ,Sulfur  <b>Plant therapy</b>                      Poppy ,Passion flower ,Aubeline ,Hawthorn</p>	<ul style="list-style-type: none"> <li>• Meat-potato</li> <li>• Meat-vegetables (good for acid-base balance)</li> <li>• Cheese -pasta- vegetables (very good complementarily)</li> <li>• Meat-cereal- vegetables (ideal complementarily)</li> <li>• Diversity of fruit and vegetables (action synergy of plant-micronutrients)</li> </ul>
<b>DIETARY ADVICE</b>	
<p><b>Reduce salt, alcohol, fast sugars, avoid barbecued foods and overcooked or burned foods, smoked animal protein (meat, fish, poultry), avoid fried foods and do not re-use cooking fat or oil.</b></p> <p><b>Your total daily calories should be made up of:</b>                      10 to 15% animal and vegetable protein                      30 to 35 % fats                      50 to 55% glucose, 10% of which should be fast sugars                      30 to 40 g of fiber /day</p> <p><b>A balanced diet must include all these substances vitamins and trace elements must be added.</b></p> <p><b>Water quality is the essential complement to a balanced diet.</b></p> <p><b>You should always eat a big breakfast, moderate lunch and light meal in the evening.</b></p> <p><b>Avoid using microwave ovens.</b></p>	