



# Nutrient Assessment

**First Name :** Joe  
**Last Name :** Sample  
**ID :** 1234  
**Date Recorded :** 8/14/2008  
**Initial Weight :** 200.0 **lbs**  
**Initial Height :** 5 **ft.** 8 **in.**

## NUTRIENT ASSESSMENT

### Using Harris Benedict Formula

Calories recommended for daily consumption to maintain current weight: 2,787

#### **Goal Selected :**

Lose Weight: 1.5 lbs per week  
Calories recommended: 2,037  
Gain Weight: 1.0 lbs per week  
Calories recommended: 3,287

### Using Mifflin St. Jeor Formula

Calories recommended for daily consumption to maintain current weight: 2,664

#### **Goal Selected :**

Lose Weight: 1.5 lbs per week  
Calories recommended: 1,914  
Gain Weight: 1.0 lbs per week  
Calories recommended: 3,164

### Using BMI

Body Mass Index (BMI) - is an indicator of obesity or underweight based on a person's height and weight. Body Mass Index is one way to determine a person's health risks associated with over or under weight.

**Current BMI:** 26

#### **The BMI ranges are :**

Underweight < 18.5  
Normal Weight 18.6 - 24.9  
Over Weight 25 - 29.9  
Obese > 30