

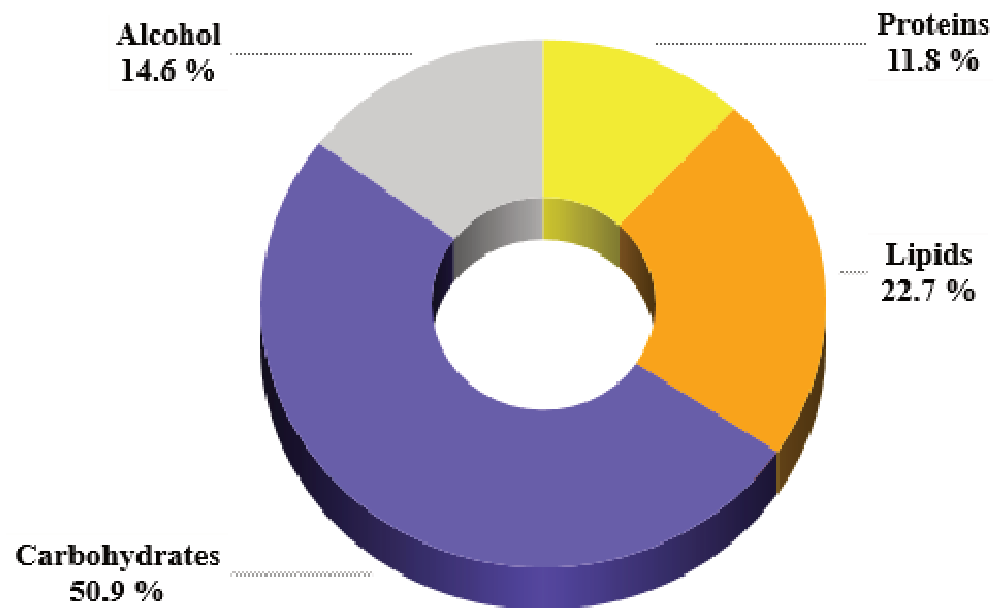
# DIETARY EVALUATION: CALORIE DISTRIBUTION



<b>Name</b>	Test
<b>Description</b>	#1

<b>Age</b>	35 years	
<b>Activity</b>	Level 3: Active	
<b>Height</b>	175 cm	
<b>Weight</b>	70 kg	
<b>BMI</b>	23	Normal weight

## Calorie Distribution



## Standards

- Proteins: 10 to 35 %
- Lipids: 20 to 35 %
- Carbohydrates: 45 to 65 %

Alcohol Consumption (13,6 g alcohol/portion)



Caffeine Consumption (100 mg caffeine/portion)

