Neil Grimmer

What foods are right for me?

O
B.C.

THE FIRST CHOICE

40% With diabetes or pre-diabetes

66% Obese or overweight

33% Die of heart-related illnesses

2018 UNITED STATES HEALTH

2018 YOU

THE BIOLOGY OF
You

DNA

BLOOD

BODY METRICS

ACTIVITY

HEART RATE

GUT MICROBIOME

METABOLIC FUNCTION

HEIGHT

AGE

HDL CHOLESTEROL

FASTING TRI'S

FTO RS9939609

DISPOSITION INDEX

GLUCOSE 120 MIN

CYP1A2 rs762551
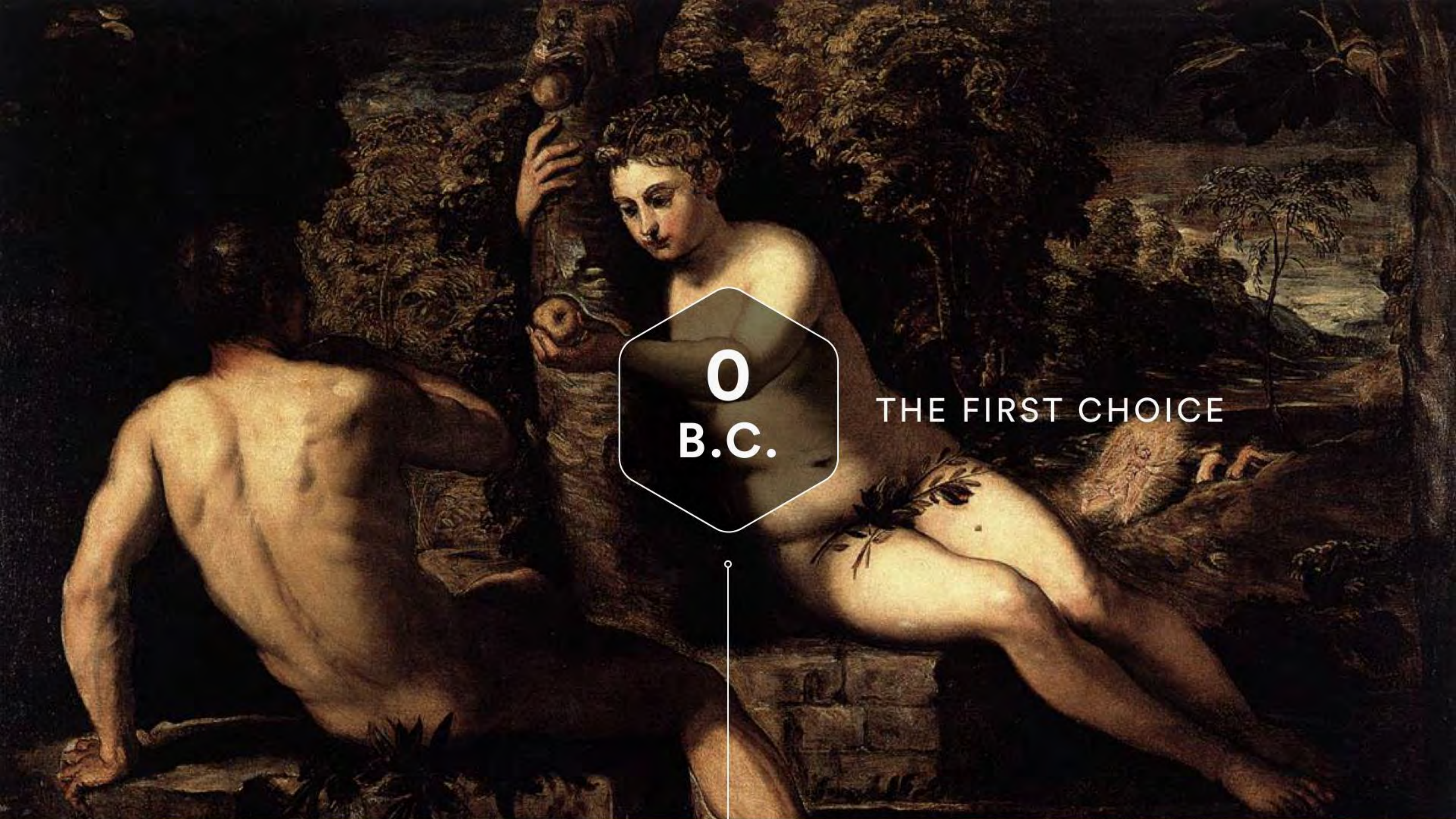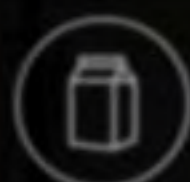
STRENGHT LEVEL

TOTAL CHOLESTEROL

LDL CHOLESTEROL

BLOOD PRESSURE

MTHFR rs1801133

FASTING GLUCOSE

HEART RATE

CARDIO LEVEL

30 MIN TRI'S

OMEGA 3 INDEX

GENDER

CAROTENOIDS

MCM6 rs4988235

VITAMIN A

MCM6 rs182549

120 MIN TRI'S

ADAMTS9 rs4607103

DAILY CALORIC BURN

LIVER FUNCTION

FTO rs1121980

VITAMIN D

KIDNEY FUNCTION

FASTING GLUCOSE

CORE MEASUREMENT

ARA:EPA RATIO

GCKR rs780094

BMI

MICROBIOME QUANTITY

WEIGHT

MICROBIOME DIVERSITY SCORE

ADAMTS9 rs4607103

TCF7L2 rs7903146

THE BEHAVIOR OF
You

INTRINSICALLY MOTIVATED

DOUBT

ANXIETY

PERCEIVED THREAT

HONESTY

STRESS

EMOTIONS

ALCOHOL

SUGAR CRAVINGS

SALT CRAVINGS

EXTRINSICALLY MOTIVATED

DEPRESSION

PEER PRESSURE

SOCIAL SITUATIONS

DISORDERED EATING

REBEL

CONFIDENCE

CULTURE

FAMILY

MOOD

EMPATHY

CORTISOL

COMPASSION

VULNERABILITY

LACK OF SKILLS

PROUD

MISSING MEALS

LEPTIN

HANGRY

GHRELIN

EMOTIONAL EATER

UPBRINGING

EMOTIONS

MENTAL HEALTH

PREFERENCES

MOTIVATIONS

GOALS & ASPIRATIONS

Good?

Bad?

How Your Body Handles Fat

CHALLENGE RESPONSE
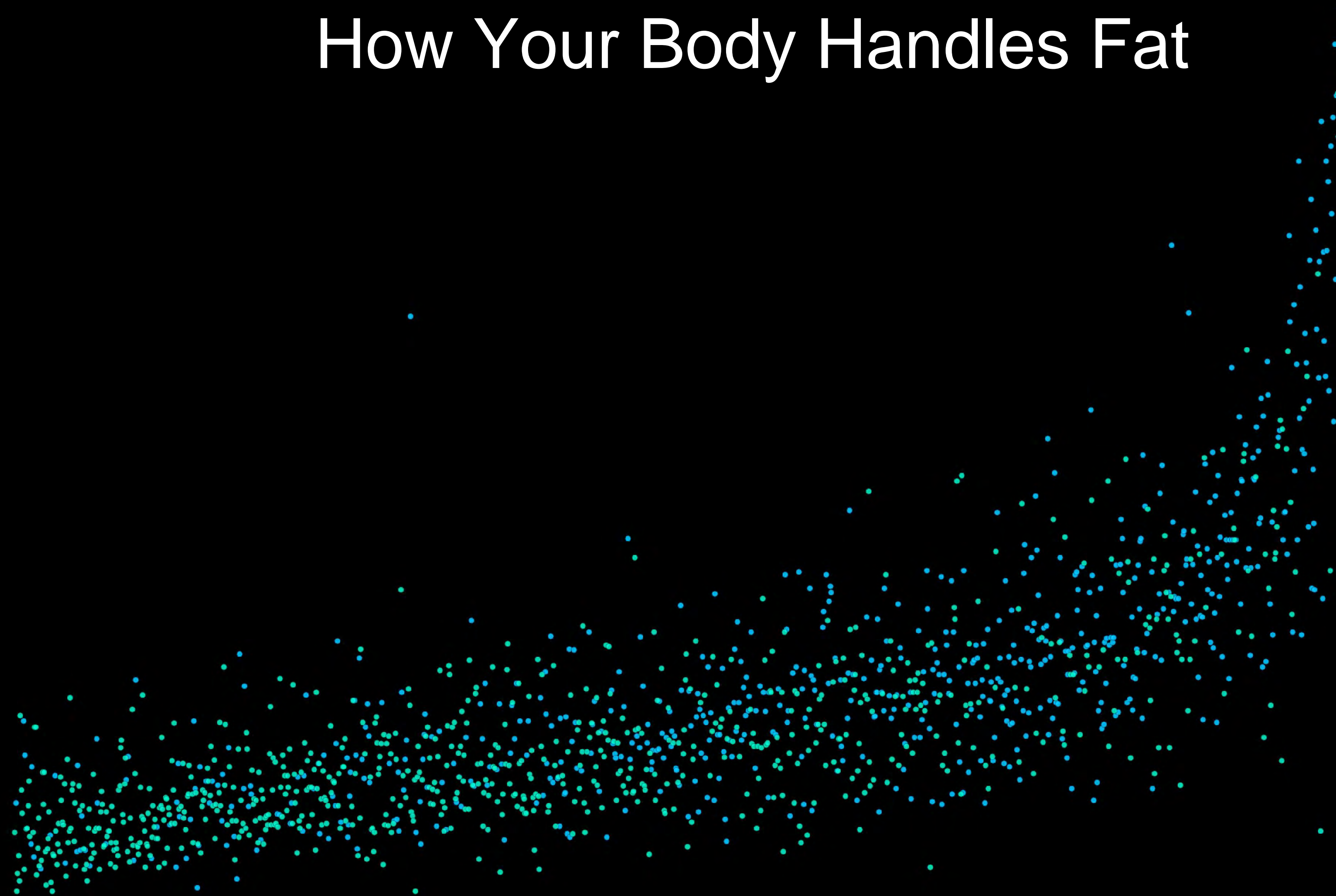
INDIVIDUALS
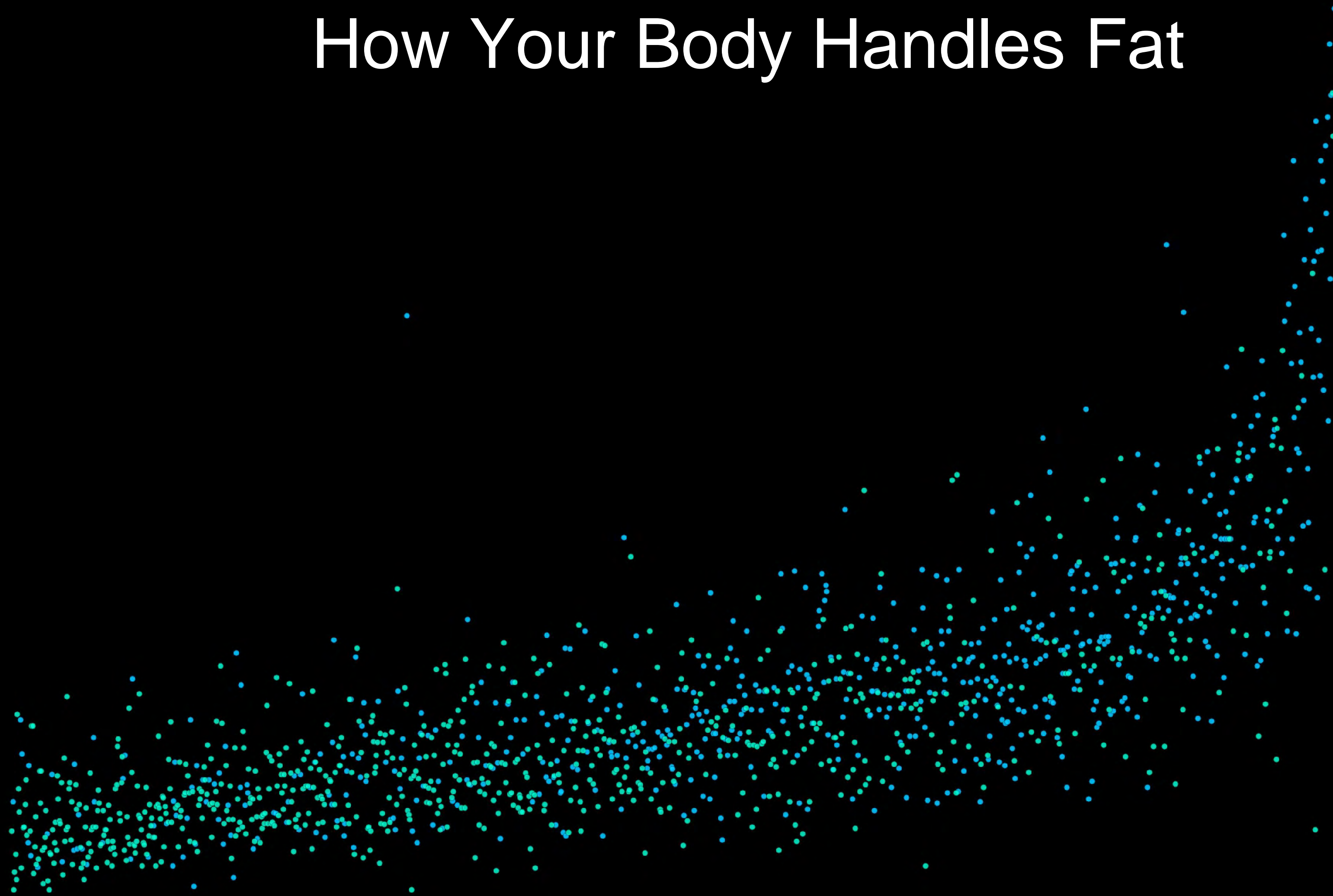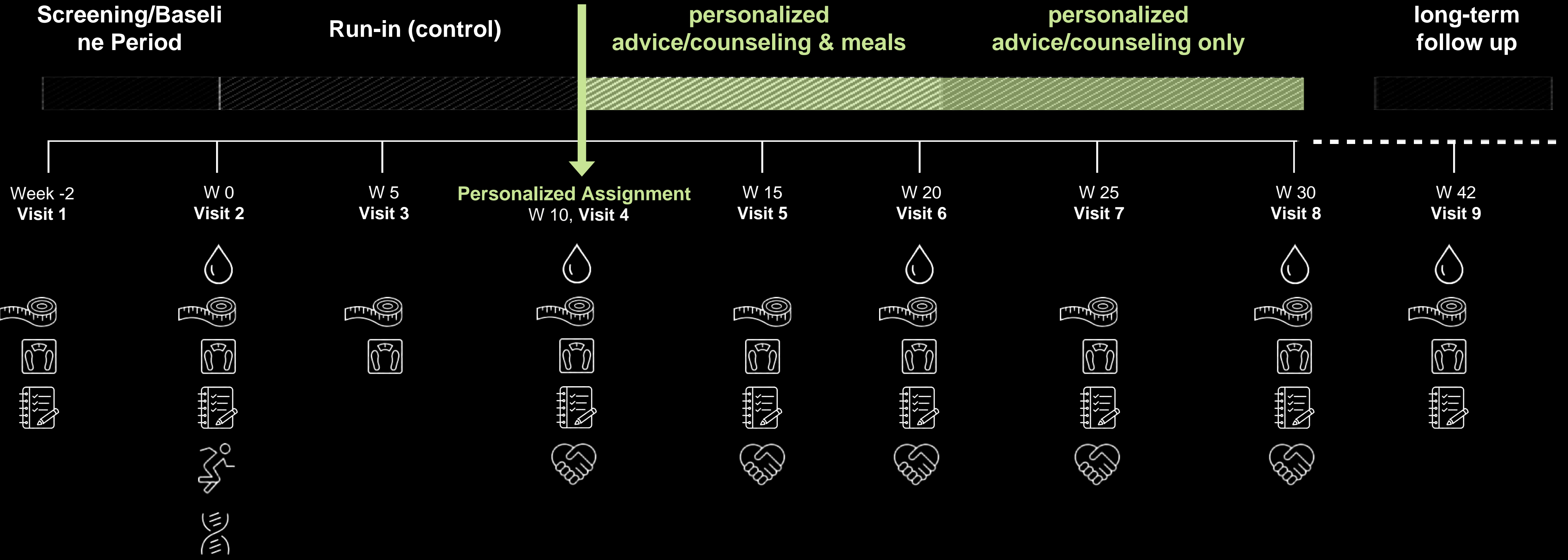
study conducted by habit

How Your Body Handles Fat

>**500,000** personalized data points

>**5600** individual data points

67%

Overweight or Obese

67%

Elevated - High BMI
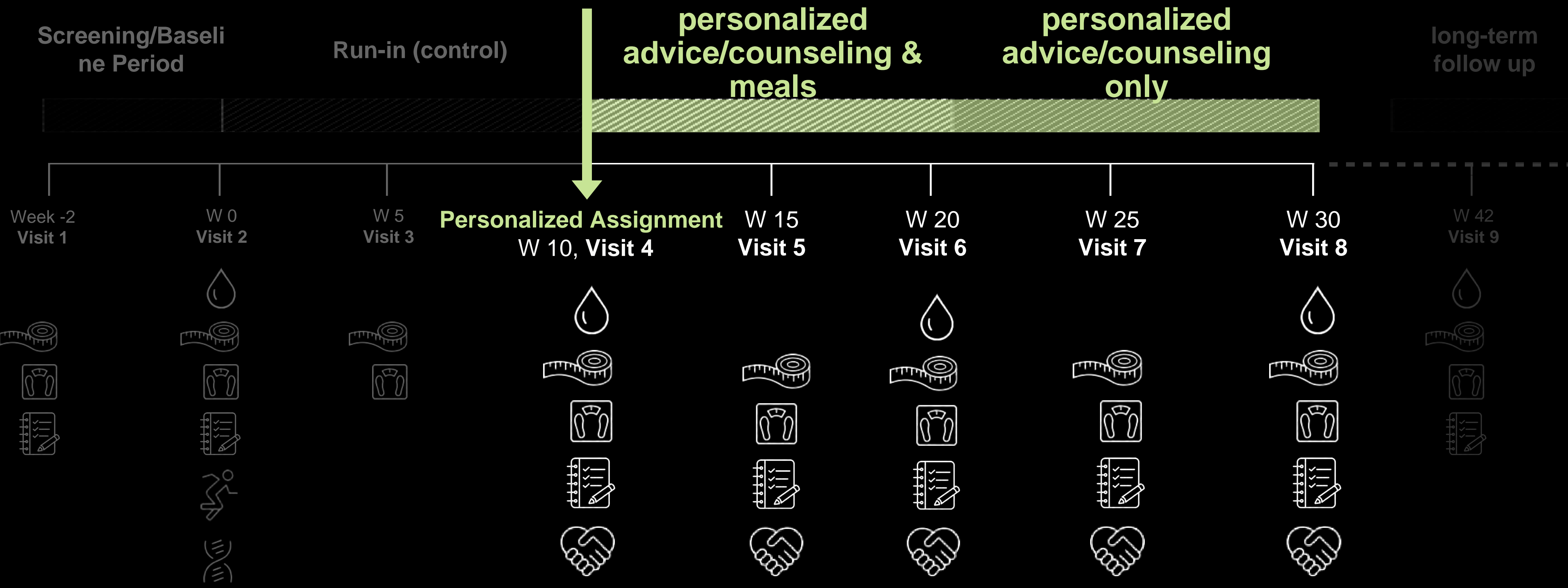
54%

Elevated LDL Cholesterol

WAITING FOR CLINICAL RESULTS

XX%

Lacked Eating Confidence

You are a Range Seeker

We recommend a higher-carb, higher-fat, moderate-protein diet.

HABIT TYPE   DAILY CALS

Range   2150
Seeker

DAILY MACROS*

25% Fats
40% Carbs
35% Protein

WANT TO LOSE WEIGHT?

ADD GOAL

Your
HERO FOODS

SALMON

Your
FOOD GROUPS

VEG

ARCHES

2
servings

Cereal Grains, Pasta

Artichoke, Bro

Your
HERO FOODS

Hi Christina, what would you like to focus on?

We'll help you build small habits that make a big difference. The choices you see here are based on your Habit recommendations.

Get more fiber in your diet

Increase mono-unsaturated fats

-76 lbs

Top 10 Biggest Losers Women

-118 lbs

Top 10 Biggest Losers Men

-230 lbs

Total Weight Loss
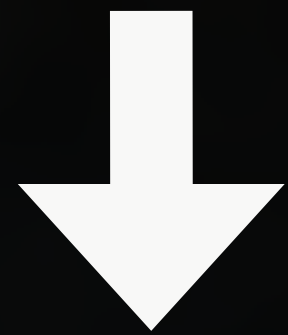
↓ 74%

of total decreased their BMI
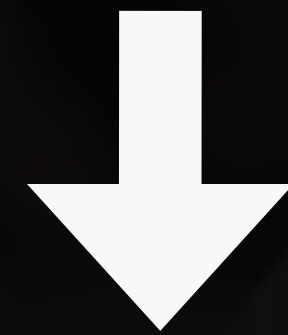
↓ 82%

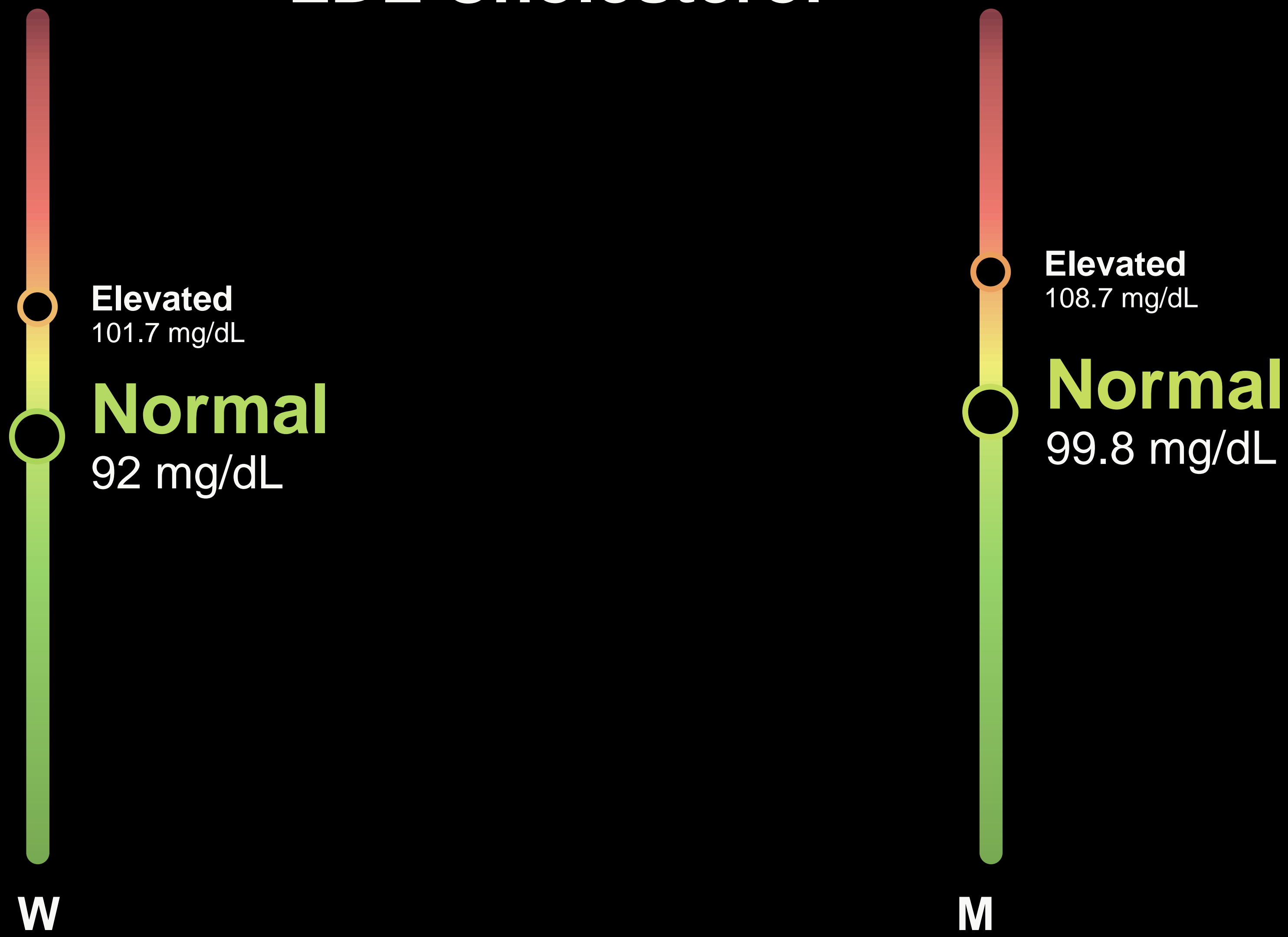of weight loss goal decreased their BMI
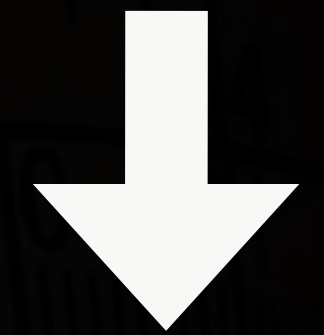
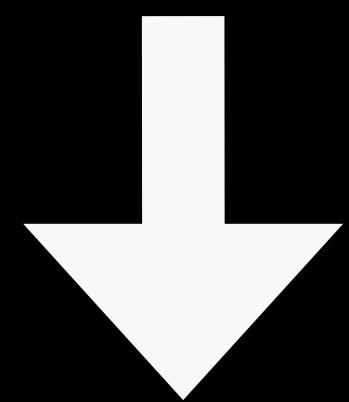↓ 25%

Reduction in obesity

LDL Cholesterol Before

Elevated
101.7 mg/dL

Elevated
108.7 mg/dL

W

M
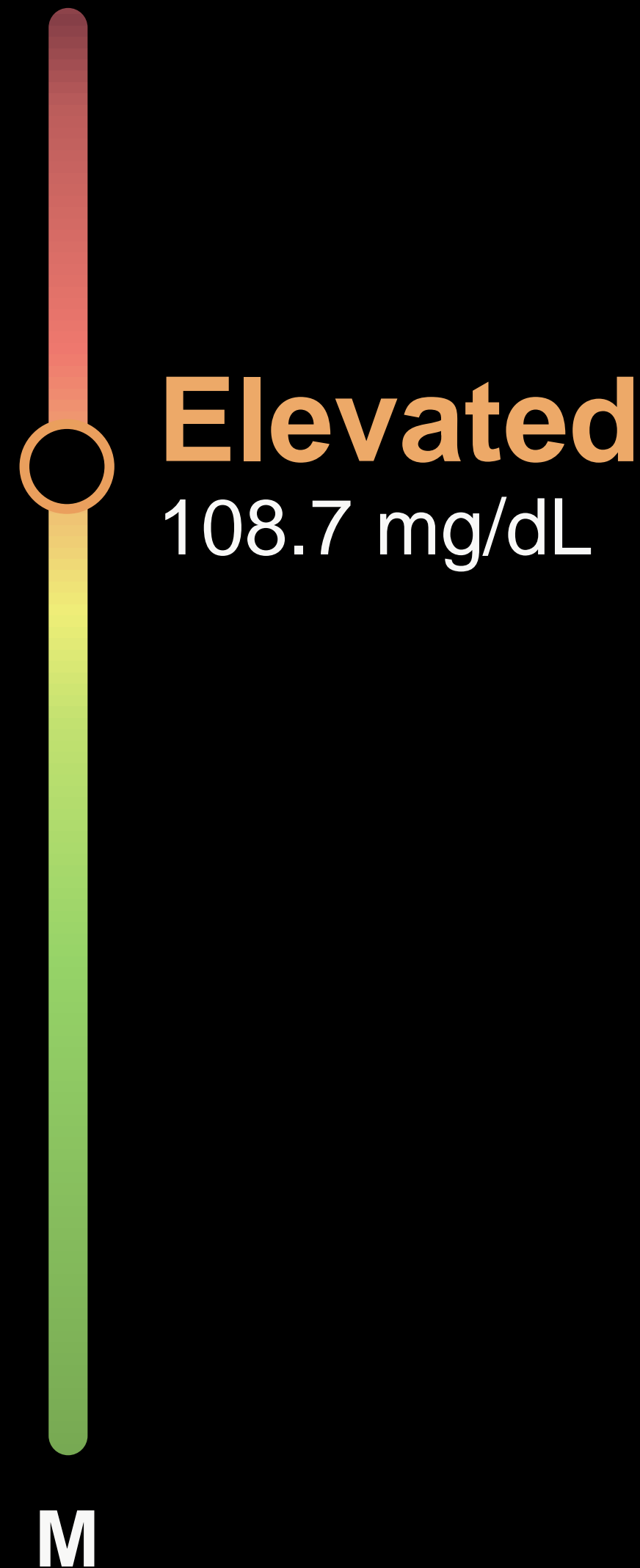
78% Lowered
LDL Cholesterol

Elevated
101.7 mg/dL

Normal
92 mg/dL

Elevated
108.7 mg/dL

Normal
99.8 mg/dL

W

M

-22%

Total Fat Intake

-23%

Daily Saturated Fat Intake

↑

↓

↓
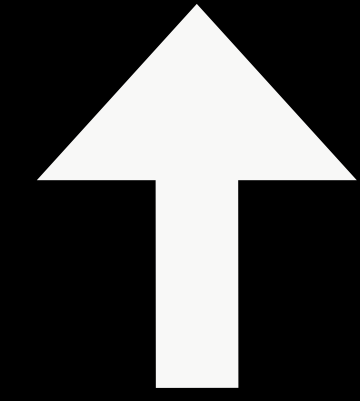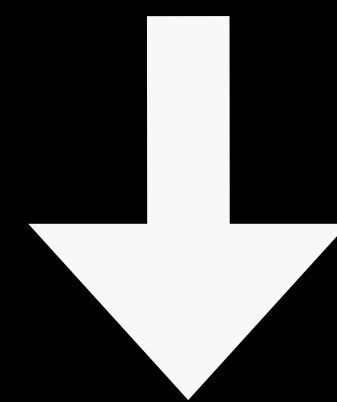
+11%

Daily Dietary Fiber Intake
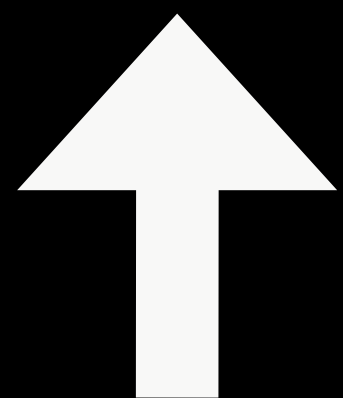
+36%

Daily Vitamin A Intake
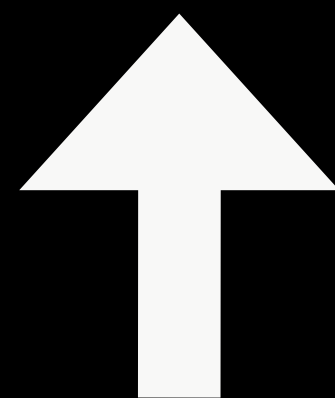
+46%

Daily Vitamin C Intake
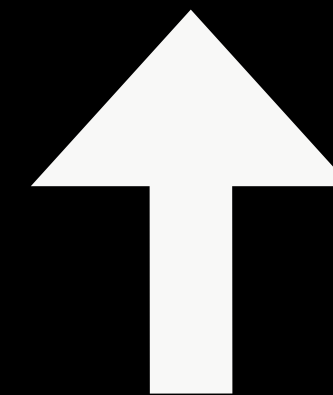
+16%

Daily Potassium Intake
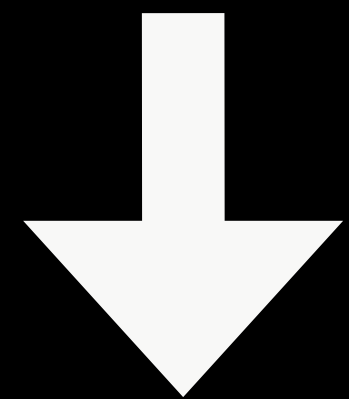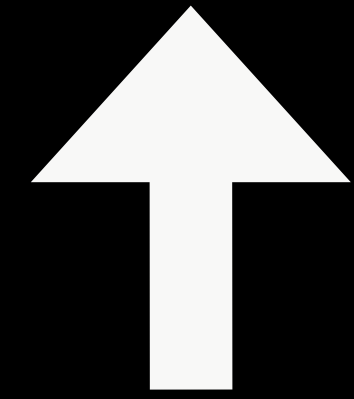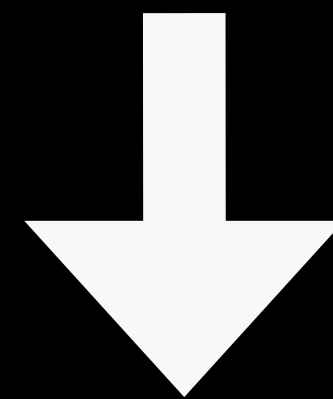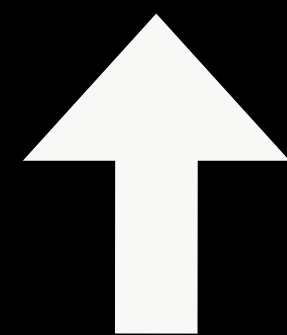
xx%
Less Snacking

xx%
Emotional Eating

WAITING FOR CLINICAL RESULTS

xx%
Adherence to Nutrition Plan
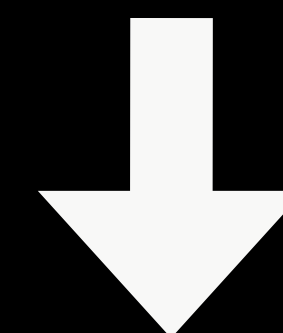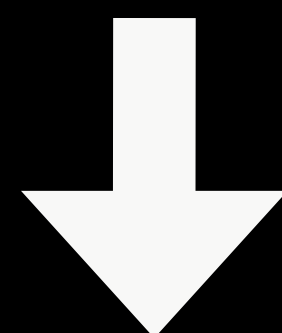
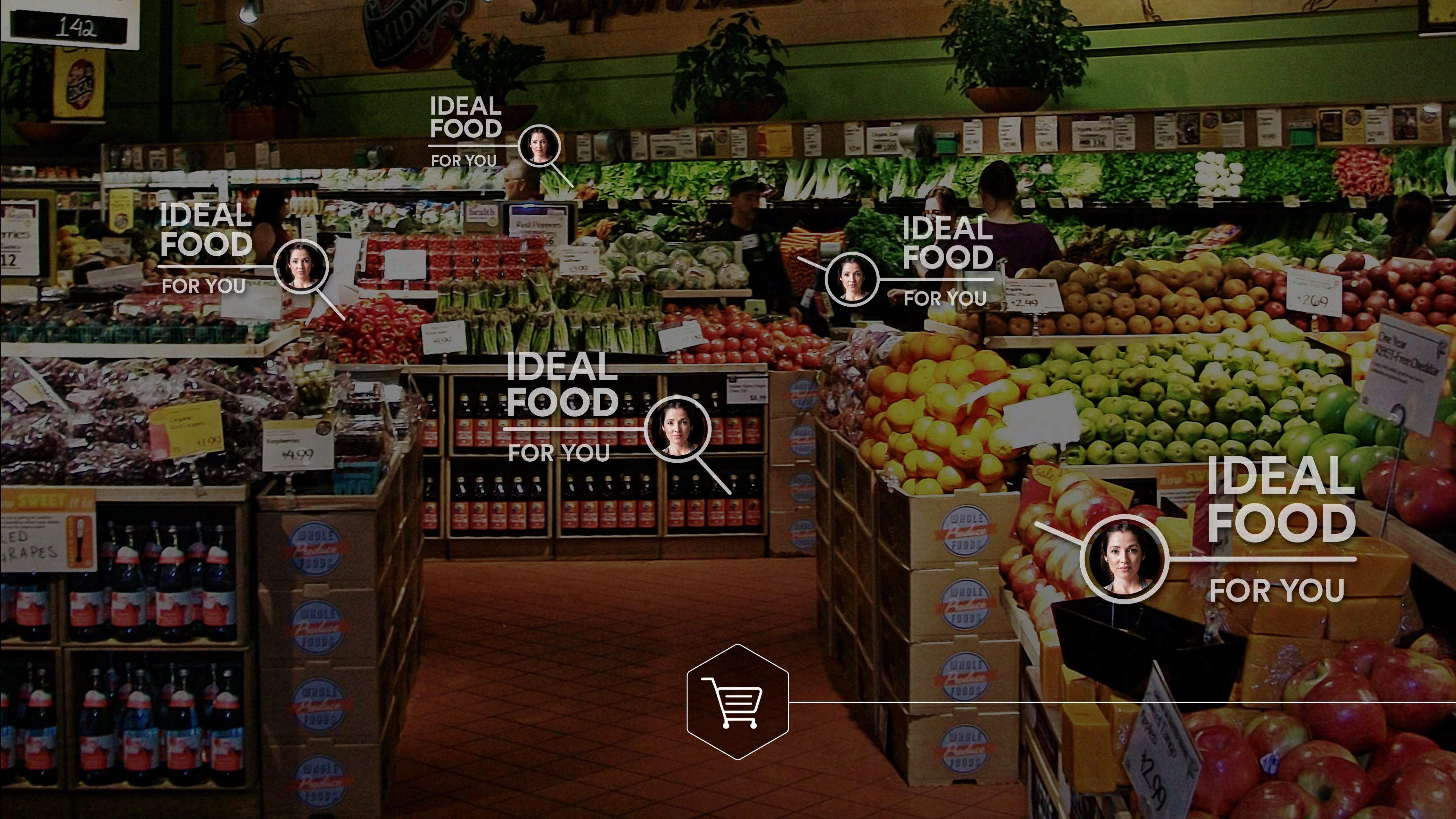# WAITING FOR CLINICAL RESULTS

XX%

Increase Their Eating Confidence

Photo

Liked by **kateschwass**, **klkludt** and **14 others**

mrslittrell I got my Habit results almost six weeks ago and found out I am a Plant Seeker—meaning, my body does best when I am eating mostly plant food. This has freed up an enormous amount of head space for me...space that used to be filled reading the latest nutrition news and cookbooks. Today felt like a right of passage of sorts as I purged the cookbooks that no longer fit into this way of eating. More space in my brain+ more space on my kitchen shelves. @habitnutrition #personalizednutrition

Good Morning
Kathryn!

LOOKS LIKE YOU'RE RUNNING LOW
ON SOME OF YOUR HERO FOODS

TURKEY · BROCOLLI · KALE

ADD TO GROCERY LIST

Your Habit order is coming
Wednesday at 7 am   EDIT ORDER

SALMON

IDEAL OMEGA-3
SOURCE FOR YOU

YOU ARE
GLUTEN
SENSITIVE

RECOMMEND
TO NOT EAT

HIGH
GLUTEN

KETOSIS
LEVEL

OPTIMAL

2.20

IDEAL
MEAL

FOR YOU

IDEAL
MEAL

FOR YOU

IDEAL MEAL FOR YOU

Ft 23%
Pr 31%
Cb 46%
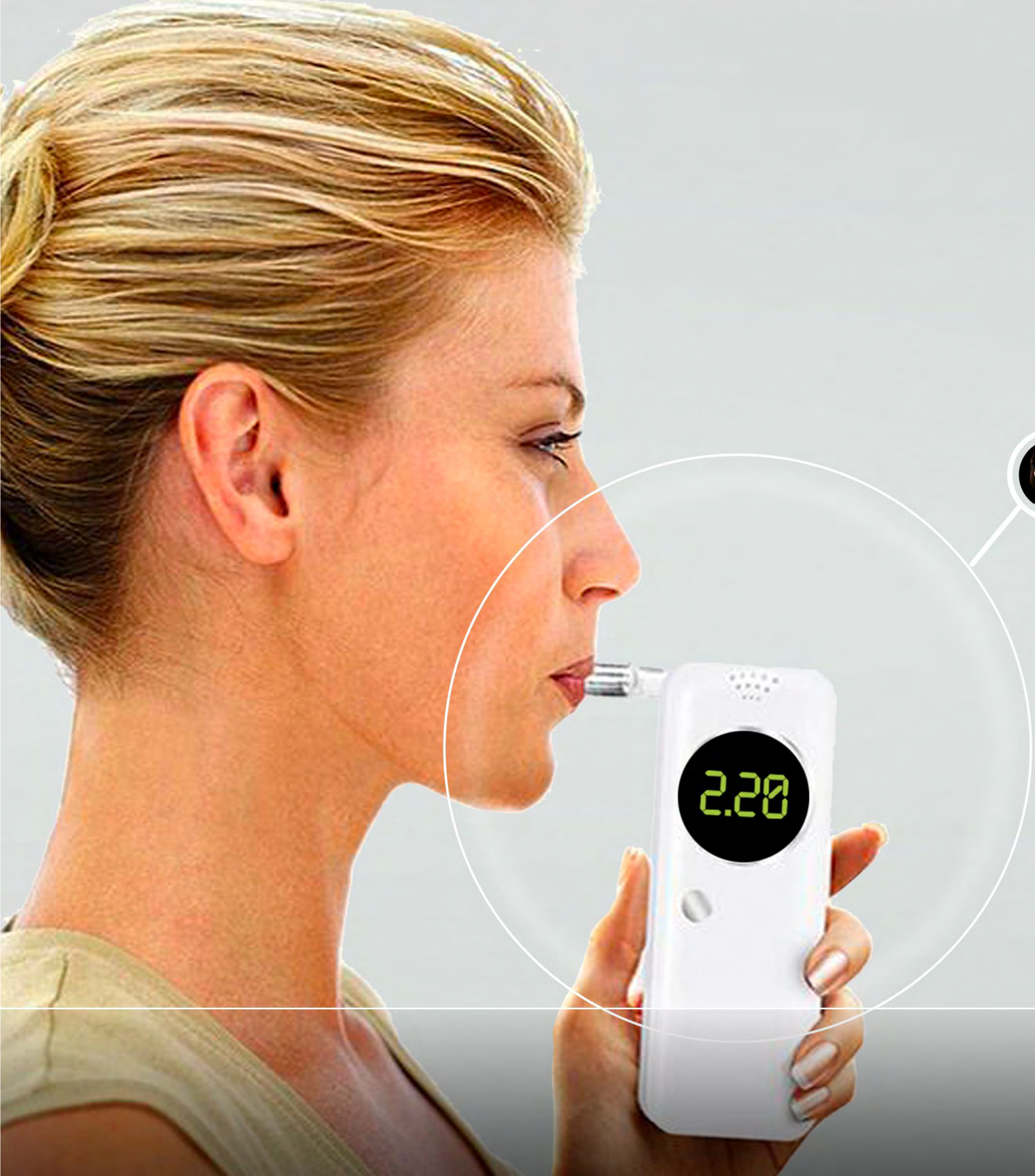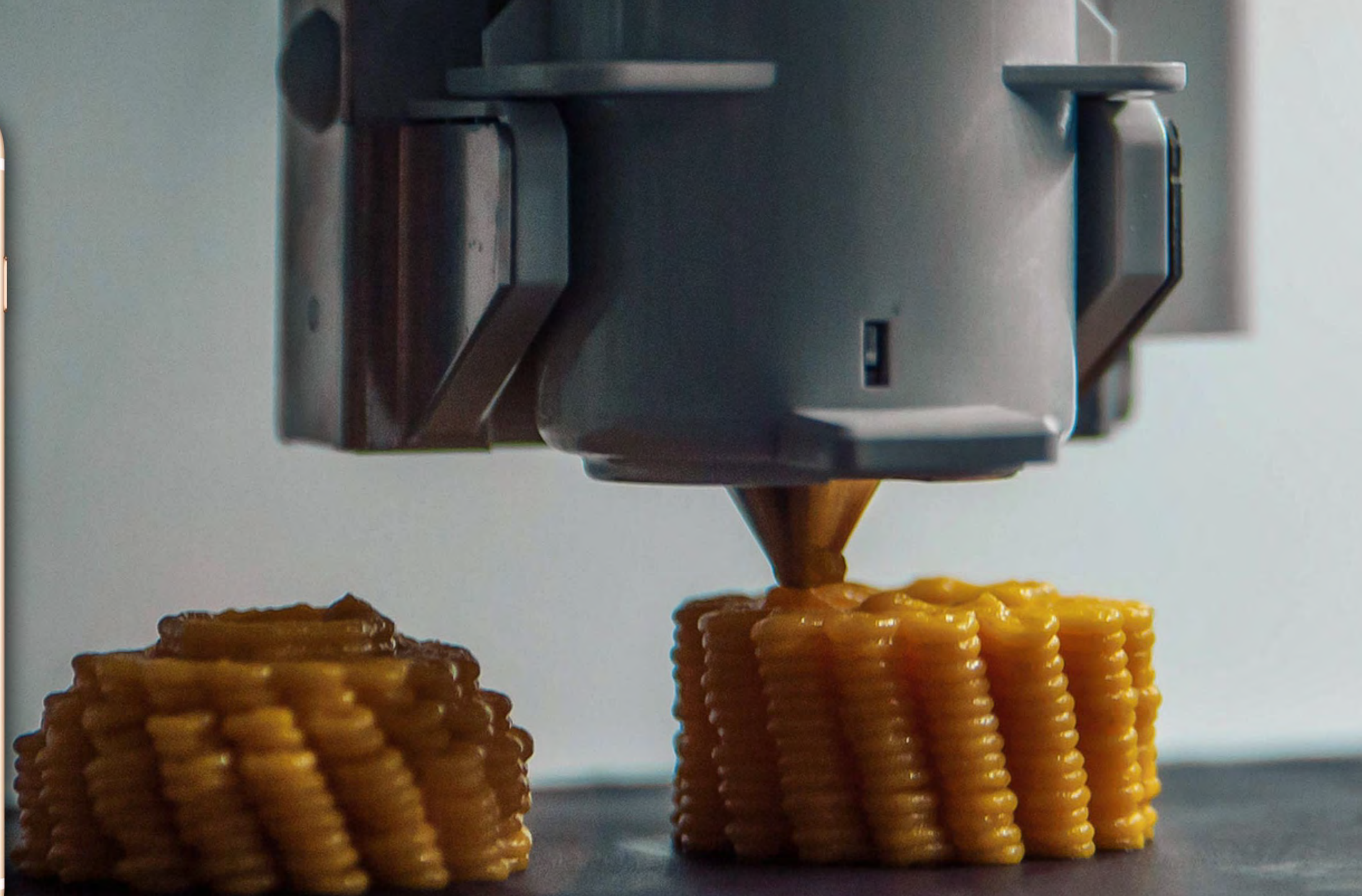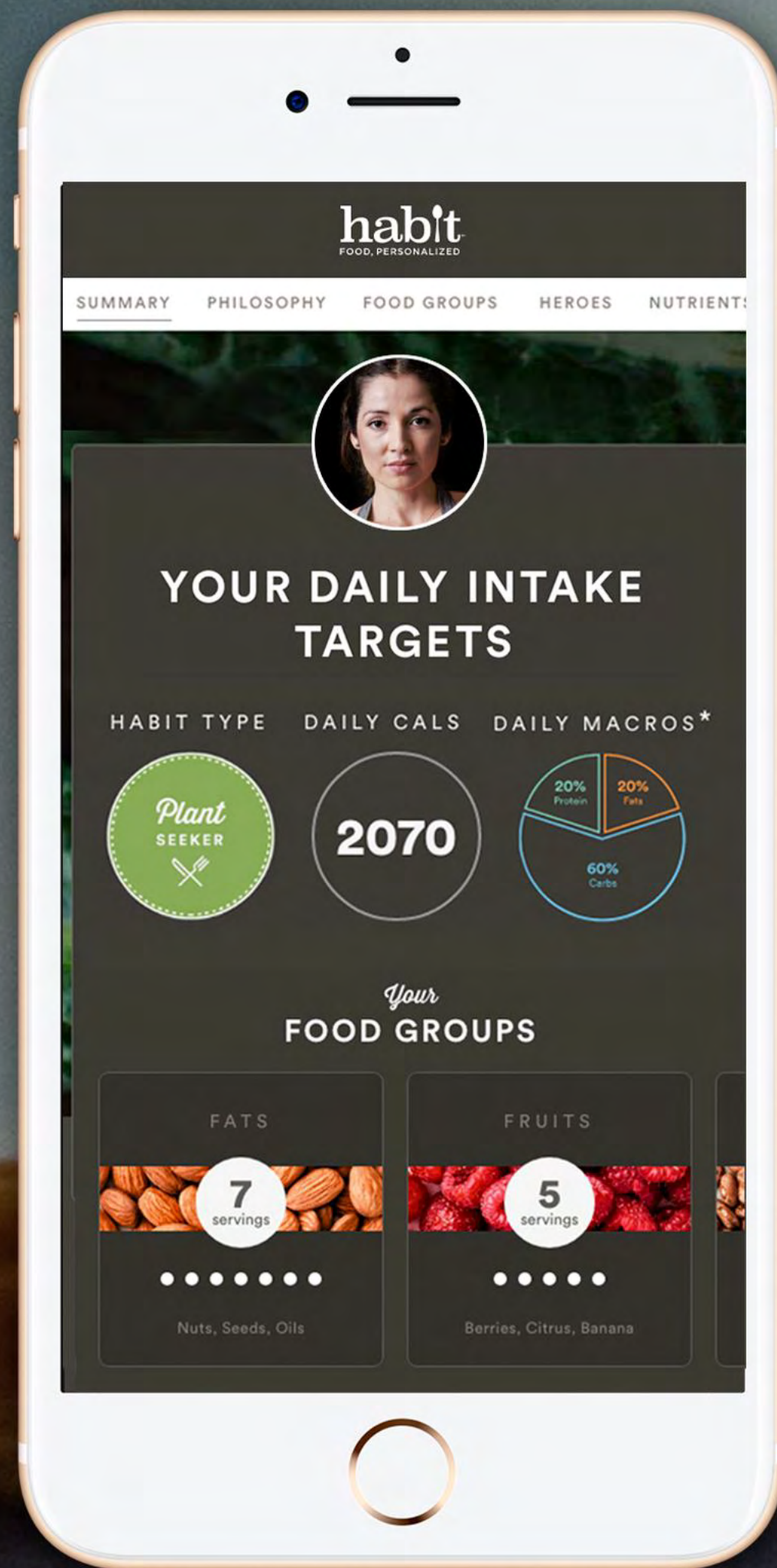
EGGS IN VEGGIE HASH BROWN CUPS
with grilled asparagus, steamed farro, grilled summer veggies & tomato salsa

Ada's Nutrition Needs

Range SEEKER

DAILY CALORIES 1,680

200
12% Cals

12% Fat
23% Protein
31% Carbs

Macros

Food Groups
- Veggies
- Fruit
- Lean Protein
- Low-Fat Dairy
- Fat
- Starches
- Legumes

Roxy's Nutrition Needs

Plant SEEKER

DAILY CALORIES 2,050

200
10% Cals

12% Fat
43% Protein
31% Carbs

Macros

Food Groups
- Veggies
- Fruit
- Lean Protein
- Low-Fat Dairy
- Fat
- Starches
- Legumes

Caleb's Nutrition Needs

Fat SEEKER

DAILY CALORIES 3,120

200
6% Cals

12% Fat
11% Protein
11% Carbs

Macros

Food Groups
- Veggies
- Fruit
- Lean Protein
- Low-Fat Dairy
- Fat
- Starches
- Legumes