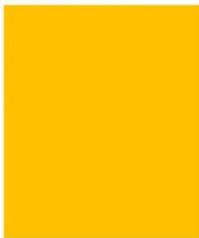


When Diet is Wrong, Medicine is of **NO USE**  
When Diet is Correct, Medicine is of **NO NEED**

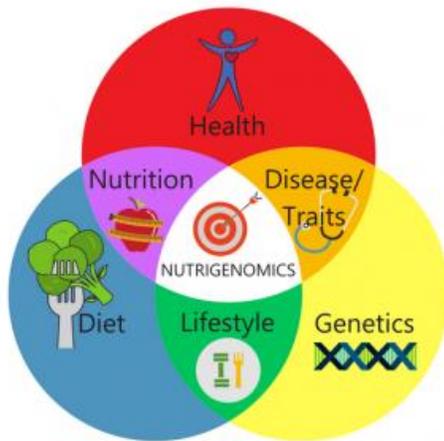


**Name** : Sample Report  
**D.O.B.** : 12-Sep-1973  
**Sample ID** : 43535907  
**Report Date** : 15-Sep-2022



# WELOCITY GENETICS DNA TESTING PROGRAM Is Your Personalized Guide for a Healthier YOU

With Personalized Gene-based Diet & Customized Lifestyle Modification



**Nutrigenomics**, also known as Nutritional genomics, is a science studying the relationship between human genome, human nutrition and health. This is a unique approach in which we recommend you gene-based foods and exercise that work best with your body to maximize your individual performance, with which you can live healthier.

#### Benefits :

- ✓ Reverse various lifestyle diseases
- ✓ Increased energy levels
- ✓ Reduced cravings and acidity
- ✓ No mood swings
- ✓ Improved digestion

## Personal Information

<b>HEIGHT</b>	160cm
<b>WEIGHT</b>	70 kg
<b>IDEAL BODY WEIGHT</b>	55-60 kg
<b>FOOD PREFERENCES</b>	Non-Vegetarian
<b>PRIMARY HEALTH FOCUS</b>	Work on pre diabetic condition, weight loss, improve dinner pattern
<b>HEALTH GOALS</b>	To achieve and maintain a healthy body weight and to improve overall health status



# THINGS TO DO

***“To eat is a necessity, but to eat intelligently is an art”***

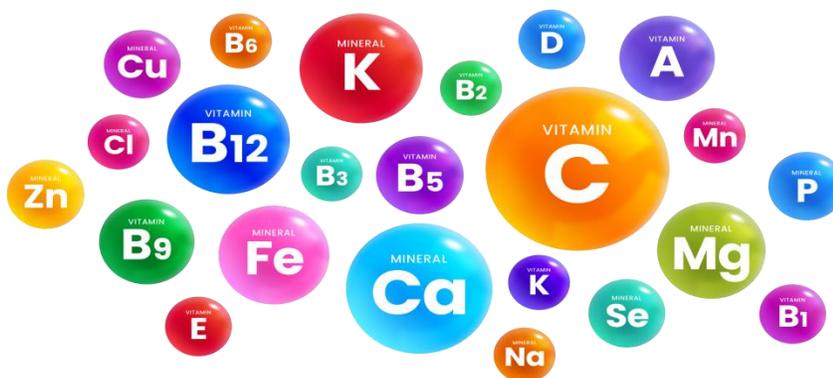
*- La Rochefoucauld*

TO AVOID	TO INCLUDE	IN MODERATION
<ul style="list-style-type: none"> <li>➤ <b>Refined And Processed Food Items (Bakery Products)</b> - White Bread, Biscuits, Toast, Khari, Cakes, Cookies, Donuts, Croissants Pastries Etc.) Pizzas, Nan Etc.</li> <li>➤ <b>Refined Sugar &amp; Sweetened Products:</b> Table Sugar, High Fructose Corn Syrup, Candy, Maple Syrup, Ice Cream, Soda Etc.</li> <li>➤ <b>Deep Fried Food Items and Reused Oil, Dalda, Vanaspati.</b></li> <li>➤ <b>Packaged Foods &amp; Ready To Cook Mixes</b> (Soups, Noodles, and Cereals), Sauces, Mayonnaise, Fatty Dressings.</li> <li>➤ Organ Meats, Red Meat, Sausages, Hot Dogs, Regular Ground Beef and Cuts Of Meat With Visible Fat, Fried Chicken And Other Chicken Dishes With The Skin.</li> <li>➤ <b>Dairy Products:</b> Milk, Cheese, Paneer, Condensed Milk, Etc. (And Any Foods or Products Made Up of Them)</li> </ul>	<ul style="list-style-type: none"> <li>➤ <b>Cereal Group:</b> Oats, Bajra, Jowar, Ragi (Nachni), Rajgira, Samai, Rice Kodo Millet, Little Millet, Wheat</li> <li>➤ <b>Pulse Group:</b> Red Beans, Black Beans, Cannellini Beans, Cow Peas, Green Peas and Variety of Lentils.</li> <li>➤ <b>Fruit Group:</b> Fresh Seasonal Fruits.</li> <li>➤ <b>Vegetables Group:</b> All Fresh Vegetables and Green Leafy Vegetables.</li> <li>➤ <b>Dairy Group:</b> Curd and Buttermilk, Lactose Free Milk</li> <li>➤ <b>Meat Group:</b> Lean Pieces of Chicken Without Skin, Eggs, Fish (Salmon, Tuna, Sardines, Herring, Anchovies, Scallops and Other Cold-Water Fish) Or Take Fish Oil Supplement.</li> <li>➤ <b>Beverages:</b> Green Tea, Jasmine Tea, Herbal Tea, Ginger-Tulsi-Turmeric Tea, Coriander Seeds Tea.</li> </ul>	<ul style="list-style-type: none"> <li>➤ <b>Caffeine Items</b> Caffeine (Coffee, Tea, Aerated Drinks, Energy Drinks Like Red Bull Etc., Chocolates)</li> <li>➤ <b>Starchy Vegetables</b> Like Yam, Potato, Cassava, Sweet Potato, Turnips, Butternut Squash</li> <li>➤ Sugary Fruits Like Mango, Chickoo, Bananas, Muskmelon, Pineapple</li> </ul> <div style="text-align: center;">  <p><b>Let Food Be Thy Medicine</b></p> </div>



# YOUR PERSONALISED GENE-BASED DIET RECOMMENDATION

<b>VITAMINS MANAGEMENT</b>	<b>Vitamin A Deficiency</b>	Retinol – Meat, liver, eggs, shrimp, fish, milk, cheese, B-carotene , Dark green leafy orange or green vegetables (carrots, sweet potatoes, pumpkin, tomatoes and spinach, methi, alu, math, kardai), orange fruits (papaya, mango)
	<b>Vitamin B2 Deficiency</b>	Widely found in animal foods. Yogurt, curd, buttermilk or naturally fermented foods like idli, dosa, dhokla etc. Use nutritional yeast powder in your dals and sabjis.
	<b>Vitamin B6 Deficiency</b>	Green leafy vegetables, such as kale, spinach, turnip greens, collards, Swiss chard, mustard greens, parsley, romaine, and green leaf lettuce. Vegetables such as Brussels sprouts, broccoli, cauliflower, and cabbage
	<b>Vitamin B9 Deficiency</b>	Curd, buttermilk, eggs, broccoli, Spinach, cauliflower, cabbage, nuts & oil seeds like almond, walnut, sesame seed
	<b>Vitamin B12 Deficiency</b>	Liver, red meat, egg yolk, legumes, dark green vegetables, nachni/ ragi, dates, dried figs, black raisins, use iron vessel for cooking, use vitamin C for better absorption
	<b>Vitamin C Deficiency</b>	Liver, shellfish, dry fruits, nuts, seeds, whole-grain products, beans, Copper vessel for storing water, drink water from copper glass
	<b>Vitamin D Deficiency</b>	Sprouts, legumes, nuts, eggs, fish, oyster, mushrooms, spinach, broccoli, garlic
	<b>Vitamin E Deficiency</b>	Fresh fruits like guava, grapes, mango, berries, orange Broccoli, spinach, carrots, cabbage, asparagus, avocados, beetroot, radish, lettuce, sweet potatoes, squash, pumpkin
	<b>Vitamin K Deficiency</b>	Fish like salmon, mackerel, tuna, herring, and sardines, Fish oil, Eggs, Walnut, Almond, Walnut oil, Flax seeds, Flax seed oil, Chia seeds



<b>MICRONUTRIENT MANAGEMENT</b>	<b>Tendency of Calcium Deficiency</b>	Retinol – Meat, liver, eggs, shrimp, fish, milk, cheese, B-carotene , Dark green leafy orange or green vegetables (carrots, sweet potatoes, pumpkin, tomatoes and spinach, methi, alu, math, kardai), orange fruits (papaya, mango)
	<b>Tendency of Iron Deficiency</b>	Widely found in animal foods. Yogurt, curd, buttermilk or naturally fermented foods like idli, dosa, dhokla etc. Use nutritional yeast powder in your dals and sabjis.
	<b>Tendency of Magnesium Deficiency</b>	Green leafy vegetables, such as kale, spinach, turnip greens, collards, Swiss chard, mustard greens, parsley, romaine, and green leaf lettuce. Vegetables such as Brussels sprouts, broccoli, cauliflower, and cabbage
	<b>Tendency of Selenium Deficiency</b>	Curd, buttermilk, eggs, broccoli, Spinach, cauliflower, cabbage, nuts & oil seeds like almond, walnut, sesame seed
	<b>Tendency of Copper Deficiency</b>	Liver, red meat, egg yolk, legumes, dark green vegetables, nachni/ ragi, dates, dried figs, black raisins, use iron vessel for cooking, use vitamin C for better absorption
	<b>Tendency of Zinc Deficiency</b>	Liver, shellfish, dry fruits, nuts, seeds, whole-grain products, beans, Copper vessel for storing water, drink water from copper glass
	<b>Anti-oxidant sources</b>	Sprouts, legumes, nuts, eggs, fish, oyster, mushrooms, spinach, broccoli, garlic
	<b>Omega 3 fatty acid sources</b>	Fresh fruits like guava, grapes, mango, berries, orange Broccoli, spinach, carrots, cabbage, asparagus, avocados, beetroot, radish, lettuce, sweet potatoes, squash, pumpkin

<b>FOOD INTOLERANCE AND FOOD SENSITIVITY</b>	<b>Gluten Intolerance</b>	Evening clock, evening time is the best for exercise
	<b>Lactose Intolerance</b>	POOR (avoid milk and milk products)
	<b>Tendency of Caffeine Metabolism</b>	POOR (avoid excess consumption of tea, coffee, colas)
	<b>Tendency of Salt Metabolism</b>	POOR: Avoid excess sodium consumption in the form mayonnaise, ketchups and sauces, processed and packaged foods. Choose pink salt/sendhanamak
	<b>Tendency of Peanut Metabolism</b>	POOR (avoid excess consumption of ground nut, peanut)



## SUGGESTED MEDICAL MONITORING

- Fasting sugar, HbA1c
- Blood pressure
- Lipid profile
- Liver function test
- Kidney function test
- Thyroid function test



## RECOMMENDED FOOD SUPPLEMENTS

Food Supplements, as the name suggests, need to be used when your diet doesn't provide the essential nutrients your body needs. Supplements must be taken to bridge the gap between your dietary intake and nutritional requirements. However, ensure not to consume them unnecessarily and in extra amounts. Your food still remains your primary source of nutrition anyway.

### Following are the recommended food supplements (Not required to be taken all together)

Kindly check your homocysteine levels, in case of abnormal levels kindly consult your physician.

- Methyl B12 – kindly do a blood test to check the serum B12 levels. If the B12 level is below 200, then take a supplement. Otherwise nutritional yeast will help. 500 mcg daily for 1 week, then 500 mcg once a week for 6 weeks, then 500 mcg once a month for lifetime.
  - a) Solgar, Sublingual Methylcobalamin (Vitamin B12), 500 mcg
  - b) Veg B12 (Methylcobalamine + Methyl tetra hydro folate) by Unived
- Calcirol sachets/D-rise sachets – exposure to direct sunlight for 20 mins everyday ensures that you get your daily dose of vitamin D. Kindly do a blood test to check the vitamin D levels. If the level is below 6, then take calcirol sachet once a week after breakfast for 8 weeks, otherwise exposure to sunlight will help.
- Probiotic such as Enterogermina/Vibact/PrePro HS- **For intestinal healing**

**DISCLAIMER:** Always consult your physician when you are considering adding any food supplements to your eating plan. These products do not intend or claim to replace, diagnose or cure any ailments or sickness nor should it be seen as a replacement for conventional medicine. Kindly continue your medications as prescribed by your doctor.



# FAT, WATER, SALT AND SUGAR INTAKE

## Oil



4tsp (20g) Oil A Day. Choose From: Mustard Oil / Safflower Oil / Til / Sunflower/Coconut : Cold-Pressed/Filtered.

You Are Sensitive To Fat. Kindly Decrease Your Oil Intake.

Natural And Whole Fats Have Been Included In Your Diet.

Avoid Deep Fried Food – Consume It Occasionally i.e. Once In 45 Days – and fried at Home. Never Repeat The Same Oil For Frying.

## Ghee



1 tsp home-made ghee from organic Indian cow's milk.

## Water



3-3.5 liters a day.

### Some tips to increase water intake:

- Always keep a bottle of water on your desk/ car/ home/ bag to remind yourself to drink at regular intervals.
- Keep reminders on your phone/ smart-watch every 2 hours to drink water. Make your water interesting and flavourful: Try detox water- add 2-3 slices of lime, few mint leaves, cucumber slices, a slice of ginger to your water.
- Water with a pH of 8.5 has known to have long term health benefits

## Salt



You are sensitive to salt. Use a low-sodium salt / Rock salt/ Himalayan Pink salt for Cooking.

½ tsp a day, Rock salt or Sea Salt.

## Tea / Coffee



You are recommended to have can have green tea/detox water/lime juice/Welcity'sHistago



# EXERCISE / PHYSICAL ACTIVITY

<b>Exercise Time</b>	Morning / Evening
<b>Exercise Intensity</b>	High / Moderate / Low
<b>Cardio</b>	40-45min: high intensity workout like jogging, running, swimming, cycling: 3 times a week
<b>Strength training</b>	30 – 45 min: 3 times a week, full body workout like upper body, lower body, abdomen & back (you can use low weight dumb bells or resistance band, squats, lunges, planks, etc.)
<b>Deep breathing exercises</b>	Every day on waking up and few rounds before sleeping.
<b>Meditation</b>	Every day for 15-20mins.
<b>Yogabhyasa</b>	Asana, Bandh, Mudra, Pranayam, Dhyaan, Dharana, Suryanamaskar
<b>Cycling</b>	At the speed of 20-30 km/hour
<b>Swimming</b>	At the speed of 5-8 km/hour, 1 hour everyday



**DISCLAIMER:** Always consult physical trainer or an authorized physiotherapist before you start your new exercise regimen. These exercises are meant to give you a broad guideline. Kindly do these exercises under the supervision of an expert and subject to your physical capabilities, especially if you are prone to injury or suffering from any illness or medical condition. If you experience faintness, dizziness, pain or shortness of breath at any point in time while exercising you should stop immediately.



# YOUR PERSONALIZED DIET PLAN

Meal/ Timing	Meal Options
Early Morning	Wake up Cinnamon Tea or Green Tea/ Herbal Tea/ Ginger Tea 1-2 cups + Fenugreek seeds 2 tsp. soaked in water overnight
Breakfast	Fresh fruits like citrus, apple, pear, pineapple, papaya, sweet lime, orange & Nuts almond/ walnut/ cashew/ pistachio 2-4 pc (soaked in water) + Steamed Sprouts (Moong, Matki, Black or Brown Chana) 1 -2 Bowl or 1 Boiled egg
Lunch	Raw salads like cucumber, carrot with lemon juice 1 Bowl + Wheat chapatti or Bhakri (Jowar/ Bajra/ NAchni) 2 pc + Usal Sprouts / Dal/ Kadhi (Moong, Matki, Black or Brown Chana) 1 Bowl + Veg. (Bottle gourd, Pumpkin, Broccoli, Cauliflower, Capsicum, Cabbage, Carrots, Beans) or Green Leafy Veg (Palak, Math, Methi, Aluetc,) 1-2 Bowls + Curds 1 Bowl or Buttermilk 1 Glass with black pepper powder
Evening	Cinnamon Tea/ Herbal Tea (boil ginger, mint, clove, cinnamon in water) Fresh fruits & Nuts / roasted chana peanuts or 1 Boiled egg or Snacks like Sukhabhel/ Idli/ Dhokla/ Makhana (no deep fried food) or Raw salads like onion, tomato, cucumber, carrot 1 Bowl or Mix veg / Tomato/ Dudhi/ Pumpkin/ Spinach/ Mushroom Soup 1 Bowl
Dinner	Dosa/ Uttappa with Sāmbhar & chutney or Moong dal khichdi or Rice/ Pulav(handpounded) 1-2 Bowls + Steamed Sprouts / Dal/ Kadhi (Moong, Matki, Black or Brown Chana) 1Bowl + Veg. (Bottle gourd, Ridge gourd, Pumpkin, Broccoli, Cauliflower, Capsicum, Cabbage, Carrots, Beans) or Green Leafy Veg (Palak, Math, Methi, Aluetc,) 1-2 Bowls

**It's not about being Perfect.**  
**It's about efforts.**  
**And when you bring that effort every**  
**single day, that's where**  
**TRANSFORMATION happens.**



# YOUR CUSTOMIZED LIFESTYLE MODIFICATIONS

## SLEEP

A refreshing sleep plays an important role in good health, well-being and better quality of life. It helps in healing and repair. It maintains a healthy balance of hormones.

**Your recommended sleep Timing : 12:00 PM TO 7:00 AM**



## STRESS- FREE LIVING

- Do one thing at a time
- Avoid multitasking
- Keep your schedule simple
- Do some calming breathing exercises (Pranayam)
- Positive actions start with positive thoughts.

## SUNLIGHT

**Expose to sunlight for 15-20 mins every day.**  
**Sunlight enters the body in 2 ways-**

- **90% through the eyes-** early morning or late afternoon, when the sun is low on horizon, because of when the sun rays are oblique (slant and steep angle of sun rays). Select one time - either sunrise or sunset, and stand on the bare earth. Look straight into the sun for 10 seconds. Add 10 seconds everyday. Gradually increase the amount of gazing (looking at the sun) to 20 minutes. In between when you are tired, walk barefoot on the earth. Continue for the rest of your life. Within a few days, you'll notice an increase in enthusiasm and increased physical energy.
- **10% through the bare skin** - important for calcium production to make strong bones and strong teeth. (Please make sure not to apply sunscreen while exposing to sunlight)



***Health and fitness cannot be bought, nor can it be stored.  
You need to work at it constantly.***

