



NAME:

KITID:

DATE TESTED:

Discover your path to

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# WELLNESS NUTRITION EXERCISE

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INTRODUCTION

YOUR RESULTS

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SUPPORT

Your CarbChoice profile reveals whether your starch carbohydrate processing activity falls into one of three ranges:



## Low Activity Processing

Individuals who are low processing should decrease their intake of starch carbohydrate and consider changing to higher fibre carbohydrates. High starch carbohydrate intake is associated with a greater risk of obesity, insulin resistance and diabetes.



## Moderate Activity Processing

Individuals with moderate processing ability can tolerate more starch carbohydrate such as grains. High starch carbohydrate intake is associated with a higher risk of weight management issues and related problems.



## Higher Activity Processing

Individuals with high range processing ability can tolerate a higher level of starch carbohydrate intake, such as grains which has less impact on weight management and insulin levels.

They have a lower risk of obesity.



here is your CarbChoice result indicating that you are a Moderate Range Starch Carbohydrate processor.



Classified in this CarbChoice report as the population group most likely to have moderate capacity to process starchy carbohydrates.

## Your moderate processing capacity means:

- You may not produce as much of the enzyme in your saliva needed to break down the starch found in carbohydrates.
- You may have moderate tolerance of high-starch diets.
- You may be at a moderate risk of, and predisposition to, obesity.
- You may have reduced glycaemic control resulting in decreased glucose or blood sugar control.
- You may have an moderate risk of metabolic abnormalities which occur when the normal process of metabolism is or becomes disrupted.
- You may be at moderate risk of obesity compared to individuals with a higher processing result.
- You may be at slightly higher risk of insulin resistance and diabetes if you are consuming a high starch carbohydrate diet.

### Dietary Recommendations

Your moderate starch carbohydrate processing capacity means you should aim to reduce refined and processed starchy carbohydrates in your everyday diet.

Trial a low carbohydrate diet providing 25-40% of overall daily energy intake (approx. 125 - 175g for women) made up of low starch options.

### Lifestyle Recommendations

You should undertake moderate to high-intensity physical activity. Before starting this type of exercise, you should discuss this with your fitness or health practitioner, especially if pregnant, breastfeeding, suffering from any medical condition or injury.

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