Your DNA.
Your Diet.

MetaCheck
Gene Diet

Analysis results

COGAP

Note:

Your CoGAP MetaCheck® is a computer-assisted gene metabolism analysis based exclusively on your genetic sample. Other findings already known to you are not included. It therefore does not replace medical advice. Please contact a specially trained doctor or nutritionist for such advice and also for the inclusion of previous findings.

Only metabolic genes are analysed. The genes studied show different constellations that are assigned to the individual meta types. you do not allow conclusions to be drawn about family relationships. Nor are any statements made about the risk of illness. The sample material is destroyed after analysis!

When drawing up an individual diet plan, it is important to pay attention to the dietary objective, taking into account personal characteristics (e. g. gender, age, weight, health status, etc.).

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Results

A brief summary of your results

Energy Source	Effect	Magnitude of effect − +
Carbohydrates	positive	
Proteins	negative	
Fats	negative	

Factor	Effect	Speed	Endurance
Exercise	Endurance		

You have the **Meta-type Gamma** and the **Sport-type E**.

Meta-type Gamma

The meta-type Gamma is characterised by the fact that it processes carbohydrate-containing foods very well and therefore converts them less strongly into body fat. In the context of a diet for rapid weight loss, the proportion of protein-rich and fatty foods should therefore be reduced, as they are less well metabolized and more strongly stored in the form of body fat.

The optimal diet plan for your meta-type can be found on page 19.

Sport-type E

Your sport type E means that you will have a more effective and therefore higher calorie consumption in all endurance-based sports (such as jogging, Nordic walking, swimming and rowing) than in high-speed sports.

Detailed information about your sport type can be found on page 30.

Optimal macronutrient distribution

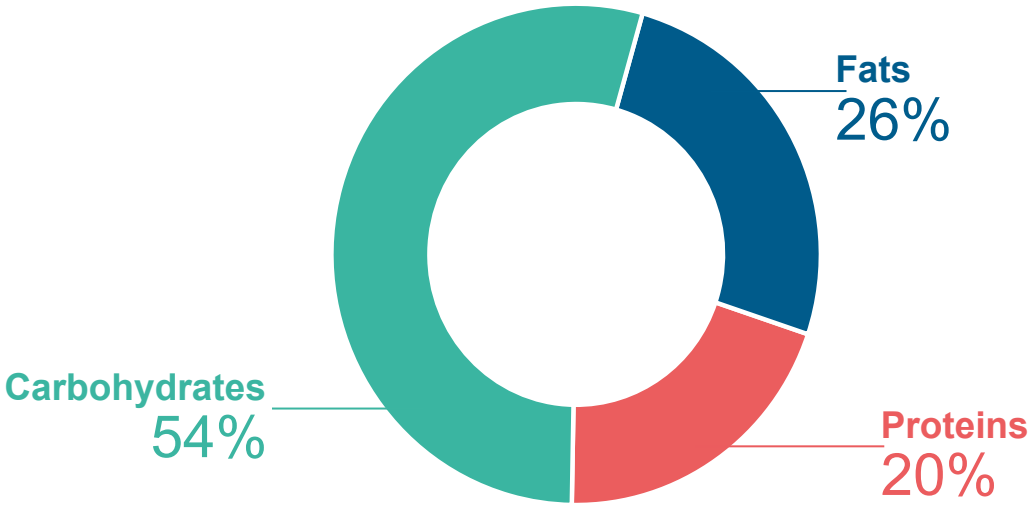
Phase 1: The first 4 weeks

The following figure shows your macronutrient distribution for the first 4 weeks.

At the beginning of a meta-type dietary change for weight loss, you can use these values to adjust the distribution of energy requirements in the form of macronutrients. We have put together a nutrition plan for you on page 19 so that you can start right away.

Phase 2: The long-term weight loss and stabilization phase

This distribution is adapted to your individual strength of expression and is intended for the long-term weight loss phase or weight stabilization after the first 4 weeks. In order to ensure a balanced diet, you should adhere to the macronutrient distribution specified by us for the long term. With this distribution, you can continue to lose weight in a sustainable way and at a healthy pace after the first 4 weeks, or you can use it to maintain your target weight.



Please use this distribution for the CoGAP nutrition portal.

Your CoGAP MetaCheck® not only determines your meta- and sports type, but also your tendencies towards the yo-yo effect, loss of muscle mass during a diet, hunger, satiety and visceral adipose tissue. Your analysis revealed the following:

Trend towards yo-yo effect

The onset of new, undesirable and rapid weight gain after a successful diet is called the yo-yo effect. One of the main reasons for this effect, which is partly due to genetic factors, is that over the course of time certain biological mechanisms are activated in the body of overweight people, which aim to regain the highest body weight to date. These mechanisms are also referred to as "anti-weight loss mechanisms".

Compared to the average population, you have no increased tendency to experience the yo-yo effect.

Therefore, you should aim for a weight reduction of up to 1 kg per week. In order to reduce your weight in a sustainable way, we recommend that you change your diet to suit your meta-type in the long term.

Loss of muscle mass during a diet

In addition to the desired loss of fat mass, a diet can also lead to a loss of muscle mass. A one-sided diet, for example an unhealthy crash diet, can lead to a much greater loss of muscle mass. For this reason, it is particularly important in the context of a diet or long-term nutrional change to pay attention to a meta-type adjusted diet, which is nutritionally meaningful and balanced. In addition, the loss of muscle mass can be counteracted by appropriate exercise.

Compared to the average population, you have no increased tendency to lose muscle mass during a diet.

That's why we recommend that you not only take your meta-type diet into account , but also include sports activities so that you can counteract the general loss of muscle mass. The sports variant determined for you in the MetaCheck analysis will help you with this.

Feeling of hunger

The human body develops a feeling of hunger to ensure an adequate supply of energy and all necessary nutrients. The feeling of hunger varies from person to person, and can also be perceived as subjective physical sensation. In addition to subjective perception, the genetic component also plays a role.

Compared to the average population, you have a stronger feeling of hunger.

Drink a small glass of water every ¾ hour and increase your dietary fibre intake to 30 – 40 g per day. Whole grain products, vegetables, fruit and pulses – supplemented by bran, linseed, flea seed husks and chia seeds – are very good sources of fibre. If you feel hungry, we recommend eating a portion of raw vegetables.

Feeling of satiety

In contrast to the feeling of hunger, the body signals that sufficient food has been ingested with a feeling of satiety, and the meal can be ended accordingly. Through the interaction of hunger and saturation, the body regulates food intake and thus ensures an adequate supply of energy and nutrients. Like the feeling of hunger, the feeling of satiety is also determined by genetic components. Depending on the genetic predisposition, the feeling of satiety can also occur much more slowly, which in turn leads to increased food intake.

You have a weaker feeling of satiety than the average population.

We therefore recommend that you eat your Meta-Type meals slowly, as your body takes longer to reach saturation.

Visceral adipose tissue

In humans, and all vertebrates in general, the fat that is stored in the free abdominal cavity and envelops the internal organs is called visceral adipose tissue. Primarily, it provides mechanical protection for the internal organs and serves as an energy reserve in the event of a lack of food. Unlike subcutaneous fatty tissue, visceral fat is not visible in normal amounts. However, in larger quantities it is noticeable by a clear increase in the abdominal volume. Since visceral adipose tissue is more active in metabolic physiology than fatty tissue in other regions of the body, it is disadvantaged against other fatty tissue.

Compared to the average population, you have no higher tendency to visceral adipose tissue.

However, in the context of weight loss, we recommend that you follow a meta-type diet and moderate physical activity that is appropriate for your sport type, so that your metabolism remains active and that you reduce fat in the long term.

Introduction

The secret lies in your genes

Are you struggling with being overweight and the associated inconveniences in everyday life? Then you are not alone, because obesity has become one of the greatest challenges facing humankind in the world today. Although many people want to lose weight quickly and healthily, it is very difficult for them to lose weight successfully and, above all, in a sustainable way. Given the overload of dieting solutions, it is not surprising that many people cannot find the right diet for themselves. Should I go low carb? Or reduced fat? How do I know which diet is right for me and, above all, what is good for me? The answer to these questions is as simple as it is ingenious. It is in our genes, and therefore in ourselves!

In addition to a positive energy balance, genetics plays the most important role in the development of obesity. Family studies, including studies of twins and adopted children, have shown that obesity is mainly due to hereditary factors. In other words: **every body functions biologically differently, and there is no patent recipe for losing weight!**

The role of evolution

In the course of evolution, the human body had to adapt to new living conditions time and time again. As hunters and collectors, our early food consisted mainly of protein- and fat-rich foods. For hunting, humans had to be particularly fast and skilfull. Our metabolism at the genetic level adapted to this way of life.

When people began farming and livestock breeding a few thousand years ago, their dietary habits and physical requirements changed. Endurance was now important for the agricultural activity, and our diet consisted increasingly of carbohydrates derived from the crops we grew.

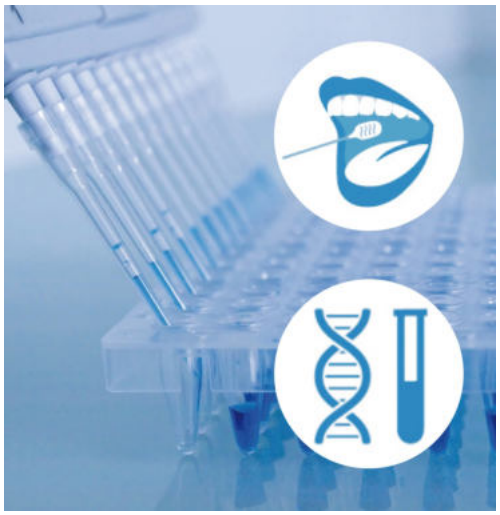
Since the change in our respective ways of life was not carried out by all humans at the same time (even today there are still isolated nomads), the adaptation of genes did not take place at the same speed. As different populations mixed with each other (e. g. within the framework of migration), different genetic metabolism types developed. These are the so-called meta-types, as well as the sport variants.

Physical vs. physiological calorific value

The different types of metabolism occurring in the population mean that every human processes food differently. This means, for example, that one person consumes more calories by eating carbohydrate-rich foods such as pasta, potatoes or bread, while another person consumes more calories by protein-rich foods such as meat or dairy products. The calorific content of a specific food is also called the physical calorific value. This is stated in the nutritional values on food packaging. However, due to the different ways in which different bodies process food, not everyone absorbs exactly this amount of calories. The amount of energy actually absorbed is called the physiological calorific value. The physiological calorific value cannot be equated with the physical calorific value, and it differs from person to person and from meta-type to meta-type.

Test procedure of the MetaCheck

Your MetaCheck helps you identify your personal meta-type and allows you to adapt your nutritional and exercise behaviour to your genes. For this purpose, the genetic material (DNA) of your cheek swab will be isolated and purified in the laboratory. Your DNA will then examined in the laboratory using state-of-the-art sequencing technologies. CoGAP® uses a scientific study database which has been created especially for this purpose. It is constantly updated to evaluate the information obtained from this data and analyze it with regard to your meta-type. Since your entire genome (complete DNA) does not have an influence on your metabolism, CoGAP® only examines the genes (DNA sections) that are relevant for the determination of your meta-type. These genes include those:



- which are involved in the weight control system
- whose effect on the body can be positively influenced by dietary or behavioural changes
- which are expressed differently in different people

Since the genes investigated have many different constellations that are attributed to individual meta-types, the latter do not allow conclusions to be drawn about family relationships. Similarly, genes that allow disease-related statements were excluded from the examination.

Quality assurance

The genetic analysis of the MetaCheck samples is carried out by the DNA analytical laboratory of humatrix AG in Pfungstadt, Germany. Since its inception in 2001, humatrix has specialized in human DNA research and has set qualitative standards in the field of private genetic parentage testing. Meanwhile, the company's focus is on personalized medicine. Here, humatrix offers nationwide test systems for the prevention of inefficiencies and side effects in drug therapies in cooperation with physicians and pharmacists.

For humatrix, the highest priority is the quality of the analysis, the certainty of results and the protection of data privacy. The company operates a quality management system according to DIN EN ISO-IEC 17025. The humatrix AG laboratory is accredited for genetic parentage testing (DAkkS D-PL-17498 01-00) and undergoes biannual external quality monitoring by independent institutions. Continuous certifications by the GEDNAP and DGAB (forensics) as well as the INSTAND e.V. (diagnostics) show that humatrix also lives up to its high-quality promises.

Scientific basis of the MetaCheck

The evaluation of the genes within your MetaCheck is based on current scientific studies. Not every possible study result was considered, but only those that meet the following quality criteria:

- repeatability of study results (replicability)
- sufficient number of study participants (number of subjects)
- meaningfulness (effect strength)
- validated study methods

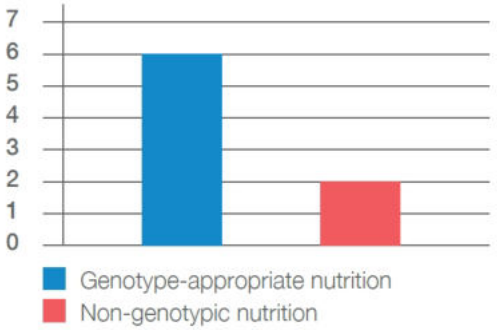
The result of your MetaCheck is a simple and understandable representation of your meta-type. Of course, you will not lose weight just by performing your MetaCheck, but the determination of your meta-type will help you to choose the optimal diet for you. However, in order to stay slim and healthy for a lifetime, you should pay attention to a diet that is permanently adapted to your meta-type. The optimal diet for you depends not only on your meta-type, but also on other factors (allergies, specific diet goals, the state of health, etc.). If such factors are to be taken into account in your diet, we recommend that you consult a doctor or the nutritionist of your choice for a special nutrition program.

The MetaCheck has proven itself!

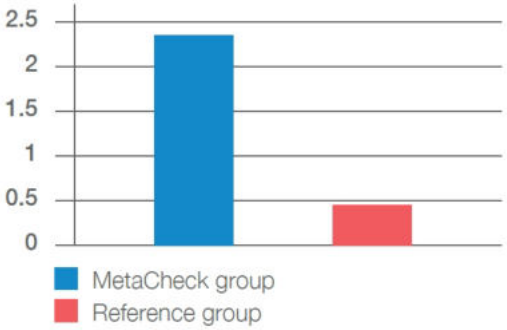
Retrospective studies from the USA show that a gene-based diet that matches the genetic characteristics of the person seeking advice can achieve better results in weight loss than a diet that ignores these physiological properties [1]. In order to test the effectiveness of the MetaCheck, a comparative study was carried out at the German Sport University Cologne. A group of subjects adapted their diet and athletic activities to the MetaCheck. The comparative group followed traditional recommendations on weight loss. After 6 – 9 months, the MetaCheck group was significantly more successful than the comparative group. The study participants who were allocated to the MetaCheck group were able to reduce their body mass index by an average of 2.33 points, while the comparative group of subjects showed an improvement of only about 0.43 points [2].

These and other studies have shown that a diet adapted to specific genes is much more successful and sustainable than an arbitrarily selected diet!

[1] Weight reduction (kg) in 12 months



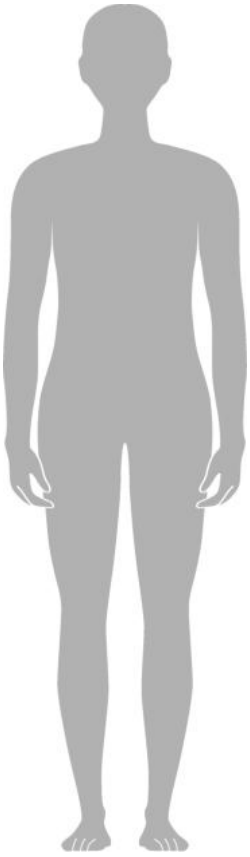
[2] BMI reduction in 6 – 9 months



Nutritional part

Lose weight effectively and sustainably!

That's me!



Meta-type: Gamma

Sport-type: E

Weight: 68 kg

Size: 157 cm

Age: 20

Gender: female

BMI: 27.6

Carbohydrates
54 %

Proteins
20 %

Fats
26 %

Your average daily total energy requirement with light physical activities:
2244 kcal

The total energy requirement always consists of your basal and active metabolic rate! The optimal amount of calories for you depends on your calorie consumption at rest (basic metabolic rate) and physical activity (active metabolic rate). Your CoGAP® consultant will be happy to help you determine your exact calorie requirements.

Number of meals:

For meta-type Gamma, a dietary intake spread over the day is recommended. You should eat smaller snacks 3 to 5 times a day, rather than a large meal a few times a day.

Your different tendencies:

Yo-Yo effect
no higher tendency

Saturation
a weaker satiety

Loss of muscle mass during a diet
no higher tendency

Hunger
stronger feeling

Visceral adipose tissue
no higher tendency

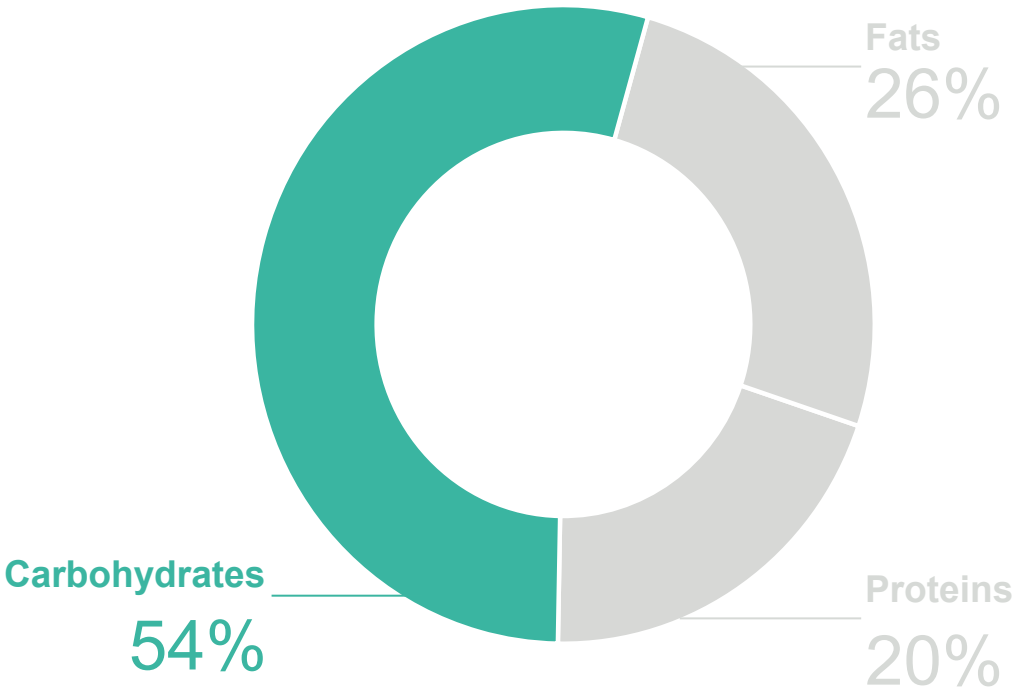
Carbohydrates

Energy Source	Effect	- Magnitude of effect +
Carbohydrates	positive	

As a meta-type Gamma you more easily metabolize carbohydrate-containing foods compared to the average population. This means that these foods are stored more slowly in the form of fatty tissue in your body. Therefore, a reduction in the amount of carbohydrates (potatoes, pasta, rice, sugar, white flour) is hardly necessary for your diet.

Note that in order to lose weight, you should not only adjust the proportion of carbohydrates in your diet, but also the amount of carbohydrates. However, longer fasting is not recommended, as this can lead to the aforementioned yo-yo effect in addition to hunger attacks due to the dynamics of the metabolism.

Since you metabolise carbohydrates very well, an average increase in the carbohydrate intake above the recommended level is advantageous. For this reason, we recommend that you consume energy from carbohydrate-containing food as follows:



What are carbohydrates?

Apart from proteins and fats, carbohydrates – also known as saccharides – are an essential component of our diet. They are found in foods such as potatoes, pasta, and bread and they provide the human body with important energy.

In contrast to fats, they are used quickly and can thus supply the body with energy in the shortest possible time.Carbohydrates are subdivided into simple and complex carbohydrates. Simple carbohydrates (e. g. in confectionery) provide energy quickly but at short notice, whereas complex carbohydrates (e. g. whole grain products and other starchy foods) release energy more slowly over a longer period of time.

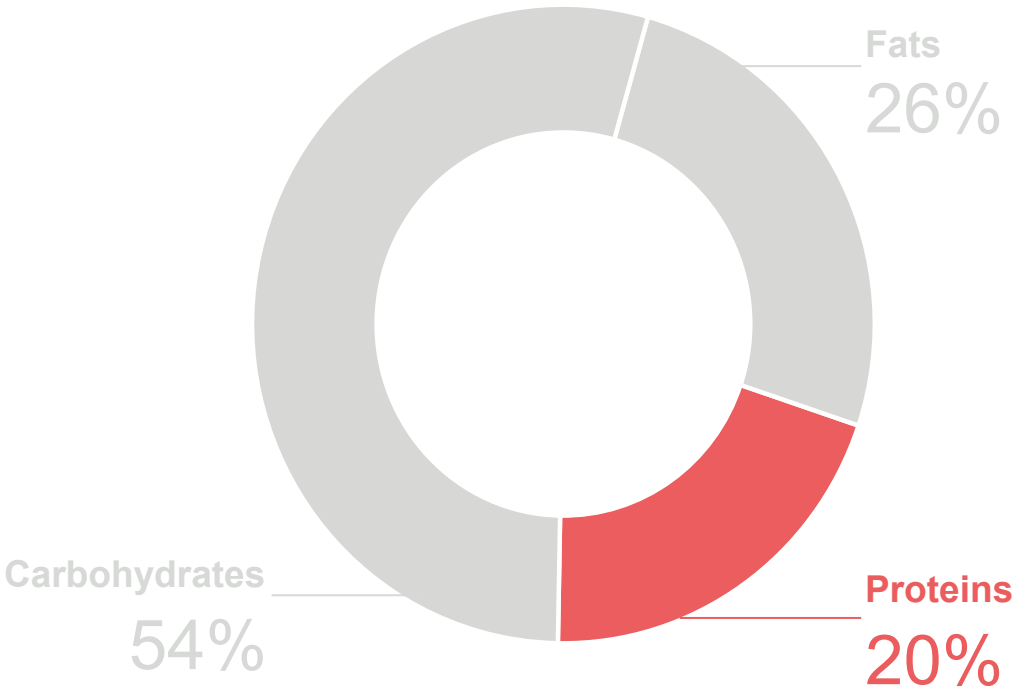
Proteins

Energy Source	Effect	- Magnitude of effect +
Proteins	negative	

The metabolism of protein-rich foods works less well for you as a meta-type Gamma, i. e. they are more strongly converted into body fat than carbohydrate-rich foods. The optimal diet for your meta-type should tend not to consist of protein-rich or protein-containing foods (e. g. eggs, legumes, fish, meat, tofu and dairy products).

Please note that if you wish to lose weight, you must first reduce the total amount of food before you adjust the protein content accordingly. However, despite your genetic predisposition, you should not completely go without proteins, as the protein deficiency triggered by this process can have serious consequences in the form of the loss of important cell components and muscle mass.

Because you metabolize proteins less effectively, a medium reduction of the protein intake below the recommended level is advantageous. Therefore, we recommend that you take energy from protein-containing food as follows:



What are proteins?

Proteins are considered to be the most valuable macronutrients in the diet. They consist of amino acids and serve as basic building blocks for all cells in the body. Not only muscle tissue, but also organs, hormones, and messenger substances consist of proteins.

Adequate daily protein intake should be ensured, otherwise the body will break down important muscle tissue. On the other hand, too much protein can lead to health problems. The exact amount of protein required for the human body has remained a mystery for many years. For decades, nutritionists recommended eating only a small amount of protein in food. Today, however, a per day amount of about 0.8 g protein per kilogram of body weight is recommended. On average, however, protein intake in Germany is already above the recommendation, at more than 1 g per kilogram of body weight per day.

Fats

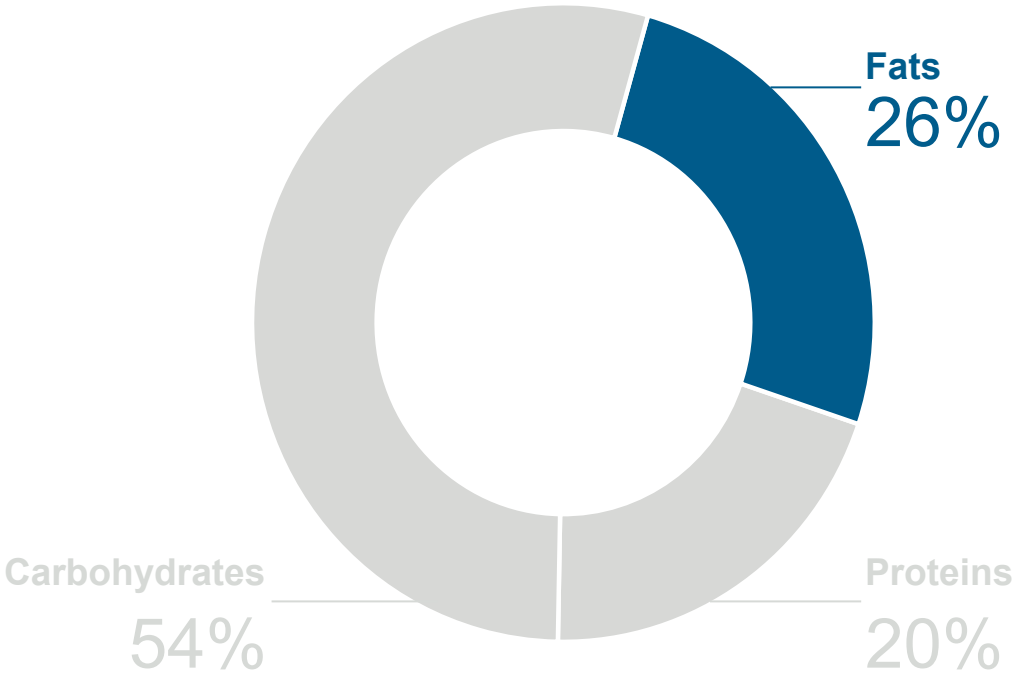
Energy Source	Effect	- Magnitude of effect +
Fats	negative	

As a meta-type Gamma, the metabolism of fats works less well for you. This means that your body stores fat in the form of body fat more quickly than the average population. You should therefore take care to reduce the amount of fatty foods in your diet.

However, it is not advisable to completely dispense with all fats or oils, as your body needs a certain amount of essential fatty acids.

Therefore, you should avoid saturated fatty acids (animal fats, such as butter) as far as possible and instead eat unsaturated fatty acids (vegetable oils, fish oils) in a ratio of 1:5 (omega 3 to omega 6). Omega 3 fatty acids are found in linseed oil and hemp oil as well as in cold-water fish such as herring, mackerel and salmon. Omega 6 fatty acids are mainly found in animal products and in sunflower, corn and safflower oils.

Because you are less effective in metabolizing fats, a moderate reduction in fat intake to below the recommended level is advantageous. For this reason, we recommend that you consume energy from fatty food as follows:

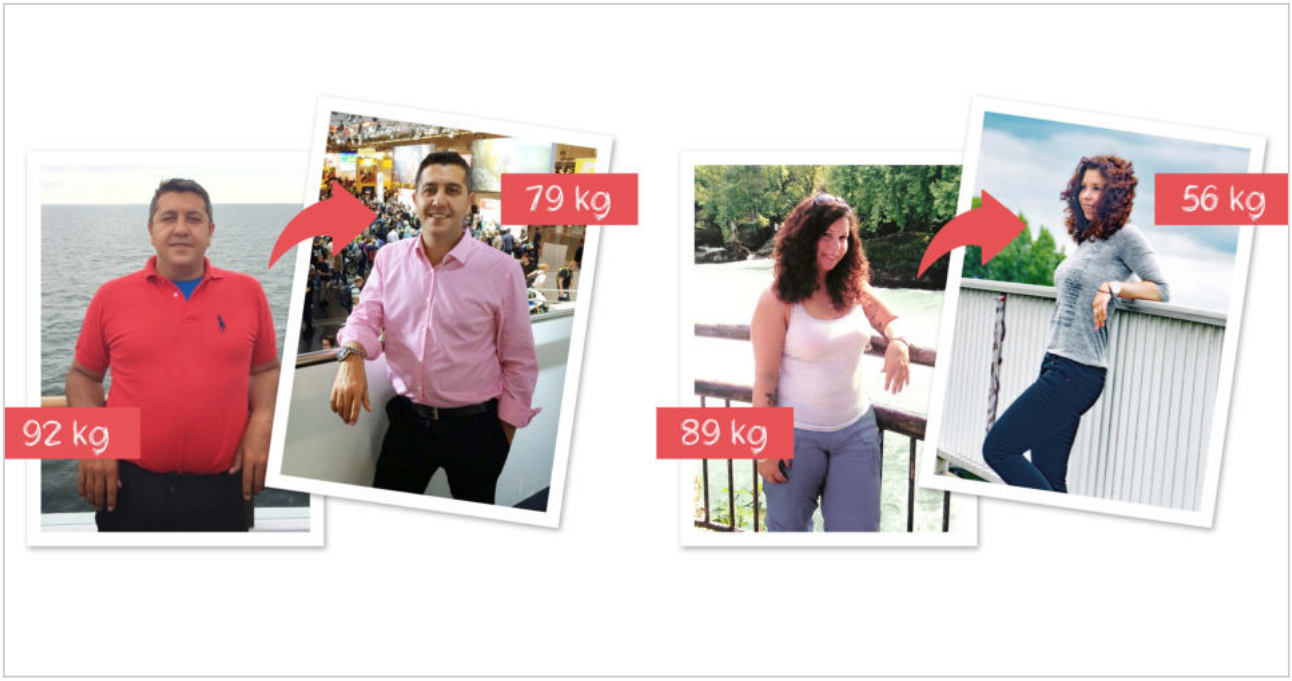


What are fats?

Apart from carbohydrates, fats are the body's most important source of energy. The physiological calorific value of fat is more than double that of carbohydrates and proteins. Fats are also carriers of fat-soluble vitamins, such as A, D, E and K.

As part of a balanced diet, a fat intake of about 60 – 80 g per day is recommended. However, these reference values are guidelines for the maximum absorption of fats. It is quite possible to manage with much less fat in the food. If you want to lose weight, it is precisely through fat that you can save unnecessary calories. Your MetaCheck consultant will be happy to help you determine your individual calorie requirements.

Losing weight with the MetaCheck pays off!



13 kg less in 3 Months with MetaCheck
Farid has tried many diets before, but due to the daily work at his restaurant he is not able to invest so much time in complicated, hard to execute diets. Then he heard about the genetic metabolic analysis MetaCheck from a friend. With the help of the gene diet he now knows exactly which foods he can metabolize the best. As a result, Farid was able to lose 13 kg in 3 months with the MetaCheck. He feels much more active and fitter in his everyday life.

Lose more than 30 kg with the gene diet
Alexandra learned about the gene diet MetaCheck on TV. Thanks to this occasion, she was able to change her diet and since then she has adapted her diet to her individual metabolic type. The individual gene diet also determines the type of sports in which you can burn calories in the most effective way. With the MetaCheck she was able to lose unbelievable 33 kilos and reduce her dress size from 44-46 to 32-34.

We are delighted to hear about your positive experiences with the Gene-Diet MetaCheck.Surprise us with your personal success story!

What were your previous experiences with the MetaCheck? How did those around react to your weight loss success? Motivate other people and share your positive change with a before-and-after picture!

You send your success story with the MetaCheck to: meine_erfahrung@cogap.de

We are looking forward to your testimonial with the gene diet MetaCheck!

Let's start! - 4 Week Plan

The MetaCheck 4 Week Plan is the ideal introduction to a successful, fast weight loss program that will allow you to lose up to 5 kg weight in just one month. Each of the following four plans is your personal nutrition plan for a whole week. After consultation with your MetaCheck consultant, stick to these guidelines and discuss any special features (e. g. diabetes, pregnancy or uncertainties) with them. For successful, rapid weight loss, it is necessary that you only eat the three meals listed in your dietary plans and to refrain from eating any snacks.

Explanation of the nutrition plan

Meals can be flavoured at will with pepper, herbs, garlic, ginger, vinegar or similar. Vegetable broth may also be used to cook the ingredients. Salt should only be used in small quantities. In addition, drink at least 2 litres of liquid (water or unsweetened tea) throughout the day.

One portion corresponds to a handful, which for meat and fish is the size of your palm. Alternatively, you can replace up to two meals a day with one serving of MetaShake® for each meal. Please note that the gram information only refers to the respective "full" unit and should be adjusted accordingly depending on the quantity.
Example: 1 cup of lowfat quark corresponds to 250 g and 0.5 cup of lowfat quark to 125 g.

Food selection for your weekly nutrition plans

Bread: Black bread, whole grain bread

Vegetables: artichoke, aubergine, cauliflower, broccoli, chicory, chicory, chinese cabbage, iceberg lettuce, endive, fennel, green cabbage, cucumber, ginger, kohlrabi, lettuce, pumpkin, mangold, carrots, paprika fruits, parsnip, leek, radish, rhubarb, Brussels sprouts, beetroot, red cabbage, red cabbage, rocket, sauerkraut, chives, celery, celery, soya sprouts, asparagus, spinach, tomatoes, Jerusalem artichoke, cabbage, savoy cabbage, zucchini, onion

Legumes: white beans, peas, chickpeas, lentils, kidney beans, soybeans

Lean cold cuts: chicken breast, corned beef, ham, vegetarian cold cuts

Lean meat or fish: rabbit, venison, chicken (chicken breast), veal (leg, loin, cutlet), lamb (chicken breast), turkey escalope, lean beef (steak, tenderloin), lean pork (fillet, schnitzel), trout, shrimp, cod, redfish, plaice, pike-perch, **vegetarian alternative:** soya meat, (smoked) tofu

Fruit: pineapple, apple, orange, apricot, banana, pear, blackberry, strawberry, pomegranate, grapefruit, rosehip, blueberry, raspberry, elderberry, honeydew melon, redcurrants (red and black), kaki, prickly pear, cherries (sour and sweet), kiwi, lime, litchi, tangerines, mango, melon, mirabelle plums, nectarines, oranges, papaya, passion fruit, peach, plums, cranberries, quince, sea buckthorn berries, gooseberries, watermelon, grapes, lemon

Raw vegetables: chicory, Chinese cabbage, iceberg lettuce, endive, lamb's lettuce, fennel, pickled cucumber, cucumber, kohlrabi, lettuce, carrots, pepper, radicchio, radish, rhubarb, red cabbage, rocket, celery, bean sprouts, asparagus, spinach, tomatoes, cabbage, onion

Nutritional plan

Your starting weight:	Your body fat content:	Your muscle percentage:

Your meta-type optimized nutrition plan for week 1:

meal	amount	unit	ingredient
Breakfast	5	tablespoon	oats
or MetaShake	2	piece or handful	fruit
	0.5	glass	milk (1.5% fat)
Lunch	1	handful	pasta
or MetaShake	2	handful	vegetables
	1	portion	lean meat or fish
Dinner	2	slice	bread
or MetaShake	2	handful	raw vegetables
	1	teaspoon	vegetable oil
	1	tablespoon	vinegar or lemon juice
	1	piece or handful	fruit

Your weight after week 1:	Your body fat content after week 1:	Your muscle percentage after week 1:

Your meta-type optimized nutrition plan for week 2:

meal	amount	unit	ingredient
Breakfast	1	slice	bread
or MetaShake	1	piece or handful	fruit
	1	slice	lean cold cuts
	1	small cup (150 g)	plain yogurt (1.5 % fat)
	2	teaspoon	honey
Lunch	0.5	small cup (125 g)	rice
or MetaShake	2	handful	vegetables
	0.5	portion	lean meat or fish
Dinner	2	slice	bread
or MetaShake	2	handful	raw vegetables
	2	slice	low-fat cheese
	1	piece or handful	fruit

Your weight after week 2:	Your body fat content after week 2:	Your muscle percentage after week 2:

Your meta-type optimized nutrition plan for week 3:

meal	amount	unit	ingredient
Breakfast	5	tablespoon	oats
or MetaShake	1	piece or handful	fruit
	1	small cup (150 g)	plain yogurt (1.5 % fat)
Lunch	1	handful	pasta
or MetaShake	2	handful	vegetables
	1	portion	lean meat or fish
Dinner	2	slice	bread
or MetaShake	2	handful	raw vegetables
	1	teaspoon	vegetable oil
	1	tablespoon	vinegar or lemon juice
	1	piece or handful	fruit

Your weight after week 3:

Your body fat content after week 3:

Your muscle percentage after week 3:

Your meta-type optimized nutrition plan for week 4:

meal	amount	unit	ingredient
Breakfast	2	slice	bread
or MetaShake	1	piece or handful	fruit
	2	slice	lean cold cuts
	0.5	cup (250 g)	low-fat quark
Lunch	3	pieces	potato
or MetaShake	4	handful	vegetables
	0.5	portion	lean meat or fish
	1	piece or handful	fruit
Dinner	1	large cup (250 ml)	vegetable broth
or MetaShake	2	handful	vegetables
	2	slice	bread
	1	slice	low-fat cheese

Your weight after week 4:

Your body fat content after week 4:

Your muscle percentage after week 4:

Meta-Type specific food-list

Based on your meta type Gamma you will find in the following tables different foods, which are color-coded according to their potential for weight loss.

Most suitable
Suitable
Poorly suitable

Cereal(-products) and pseudocereals	
Baked goods	
Baguette	
Black bread (whole grain)/"Pumpernickel"	
Bread, whole grain (all types of cereals)	
Crispbread	
Crispbread, whole grain	
Croissant	
Flatbread	
Flatbread, whole grain	
Multi-grain bread	
Prezel	
Roll, wheat	
Roll, whole grain	
Breadcrumbs	
Breadcrumbs, whole grain	
Rusk, without egg	
Rusk, without egg, whole grain	
Rye bread, sourdough	
Toast, wheat	
Toast, whole grain	
White bread	
Breakfast cereals	
Flakes	
Buckwheat flakes	
Millet flakes	
Oat flakes	
Oat flakes, instant	
Quinoa flakes	
Rye flakes	
Whole grain flakes (e. g. "6-Korn-Flocken")	
Whole wheat flakes	
Other	
Amaranth, puffed, unsweetend	
Breakfast bisciuts, with added sugar	
Breakfast cereals, with added sugar	
Chia seed pudding, with milk (1.5 % fat)	
Cornflakes, no added sugar	
Crunchy granola, with added sugar	
Muesli bar/granola bar, with added sugar	
Muesli with dark chocolate	
Muesli with dried fruits, no added sugar	
Muesli with nuts, no added sugar	
Overnight oats, with milk (1.5 % fat)	
Porridge, dry product, no added sugar	
Quinoa, puffed, no added sugar	
Smoothie bowl, with fresh fruit and cottage cheese	
Doughs and mixes	
Flammkuchen dough, ready to bake	
Pancake mix (dry product)	
Pizza dough, ready to bake	
Puff Pastry, ready to bake	
Grains, flours, grinding products (containing gluten)	
Barley, seed	
Pearl barley	
Oats, seed	
Oat bran	
Rye, seed	
Spelt, seed	
Spelt bran	
Green spelt (unripe spelt grain)	
Wheat, seed	
Bulgur	
Couscous	
Wheat semolina	
Wheat germs	
Wheat bran	
Tender wheat ("Ebly")	
Flours (all sorts containing gluten)	
Pastry flour (US)/soft flour (UK)/Type 405 (D)	
All-purpose flour (US)/plain flour (UK)/Type 550 (D)	
First clear flour (US)/ hard flour (UK)/Type 1050 (D)	
Flour, whole wheat/wholemeal	
Ancient grains	
Einkorn, seed	
Emmer, seed	
Kamut, seed	
Triticale, seed	
Flour, wholemeal (from ancient grains)	
(Pseudo)Cereals, flours, grinding products (gluten free)	
Amaranth, seed	
Buckweed, seed	
Corn, seed	
Cornmeal/Polenta (maize semolina)	
Corn, Popcorn (pure)	
Corn, Popcorn, with sugar (cinema popcorn)	
Flour, wholemeal (gluten free grains)	
Millet, seed	
Quinoa, seed	
Rice, Basmati	
Rice, whole grain (Parboiled)	
Rice, wild rice	
Thickeners and starch	
Agar	
Arrowroot, powder	
Corn starch	
Gelatine, clear, unflavoured	
Guar gum, powder	
Inulin	
Locust bean gum, powder	
Pectin	
Potato starch	
Rice starch	
Sago (Pearl tapioca)	
Wheat starch	
Xanthan gum, powder	

Pasta products	
Glass noodles/Chinese noodles, uncooked	
Instant noodles (dry product)	
Kritharaki (Greece pasta), uncooked	
Legume-pasta (from lentils etc.), uncooked	
Pasta, egg free, uncooked	
Pasta, egg free, wholemeal, uncooked	
Pasta, egg pasta, uncooked	
Rice noodles, uncooked	
Shirataki noodles, uncooked	

Milk and dairy products, cheese and eggs

Cheese	
Cream cheese	
Cream cheese preparations	
3 % fat absolute, low fat	
17 % fat absolute, medium fat	
25 % fat absolute, full fat	
Cottage cheese, 3.9 % fat absolute	
Fruit quark, 0.2 % fat absolute	
Fruit quark, 3.5 % fat absolute	
Mascarpone, 80 % FDM	
Mozzarella, buffalo milk	
Mozzarella, cow's milk	
Mozzarella, cow's milk, low fat	
Quark, low fat, < 10 % FDM (0.2 % fat absolute)	
20 % FDM, semifat	
40 % FDM, full fat	
Ricotta, 45 % FDM	
Schichtkäse, 10 % FDM	
Soft cheese	
Brie, 50 % FMD	
Camembert, 45 % FMD	
Camembert, 30 % FMD	
Feta (sheep's milk), 45 % FMD	
Feta (sheep's milk), light, 9 % fat absolute	
Gorgonzola, 50 % FMD	
Brined cheese/"Feta" (cow's milk), 45 % FMD	
Brined cheese (cow's milk), 12 % absolute	
Limburger, 40 % FMD	
Processed cheese, 45 % FMD	
Processed cheese, slices	
Romadur, 30 % FMD	
Roquefort, 52 % FMD	
Saint Albray, 62 % FMD	
Sliced cheese	
Buttercheese, 60 % FMD	
Buttercheese, 30 % FMD	
Gouda, 48 % FMD (29 % fat absolute)	
Gouda, 30 % FMD (18 % fat absolute)	
Edamer, 45 % FMD	
Edamer, 30 % FMD	
Tilsiter, 45 % FMD	
Tilsiter, 30 % FMD	
Leerdammer, 45 % FMD	
Hard cheese	
Appenzeller, 50 % FMD	
Cheddar (Chester), 50 % FMD	
Emmentaler, 45 % FMD	
Greyerzer/Gruyère, 45 % FMD	
Manchego, 50 % FMD	
Mountain cheese, 45 % FMD	
Parmesan, 37 % FMD	
Pecorino, 40 % FMD	
Provolone, 45 % FMD	
Sour milk cheese	
Bauernhandkäse	
Harzer cheese ("Mainzerkäse")	
Plant-based cheese, vegan	
Vegan cheese, made from coconut oil and starch	
Vegan cheese, made from nuts	

Dairy products	
Buttermilk, max 1 % fat	
Buttermilk, with fruit	
Condensed milk, 7.5 % fat	
Crème fraîche, 30 % fat	
Crème double, 42 % fat	
Crème légère, 15 % fat	
Cream, soured, 10 % fat	
Cream, soured, 20 % fat	
Fruit yoghurt 0.1 % fat	
Fruit yoghurt, 3.5 % fat	
Hot Chocolate with skim milk	
Kefir, low fat, 1.5 % fat	
Schmand, 24 % fat	
Sour Cream, 11 % fat	
Sour milk, 3.5 % fat	
Whey, 0.1 % fat	
Whipping cream, 30 % fat	
Cooking cream, 15 % fat	
Plant-based alternative to cream, 7 % fat	
Heavy (whipping) cream, 35 % fat	
Spray cream, 30 % fat	
Yoghurt, natural (plain), non fat, max. 0.1 % fat	
Yoghurt, natural (plain), low fat, 1.5 % fat	
Yoghurt, natural (plain), whole milk, 3.5 % fat	
Yoghurt, natural (plain), greek style, 10 % fat	
Plant-based alternatives to dairy products, vegan	
Plant-based cooking creams	
Coconutmilk, canned	
Creme Vega (soy)	
Cuisine Almond	
Cuisine Coconut	
Cuisine Rice	
Soya alternative to single cream	
Soya alternative to single cream, light	
Plant-based yoghurt	
Coconut yoghurt, sweetened	
Lupine yoghurt, sweetened	
Soy yoghurt, plain, sweetened	
Soy yoghurt, plain, unsweetened	
Soy yoghurt, Vanilla	
Soy-almond-yoghurt, unsweetened	
Soy-coconut-yoghurt, unsweetened	
Plant-based quark	
Quark, from soybeans, sweetened	
Quark, from soybeans, unsweetened	
Silken tofu	
Plant-based spreads	
Alternative to cream cheese (soy), herbs	
Alternative to cream cheese (soy), tomato	
Lard, plant-based, with apples and onion	
Spread, curry and lentil	
Spread, tomatoe and basil	
Eggs	
1 hen's egg (whole), size M	
1 egg white, size M	
1 egg yolk, size M	
Egg replacer, vegan	
Aquafaba (Chickpea Brine)	
Egg replacer with corn starch, dry product)	
Kala Namak (salt with natural egg flavour)	
Soy flour, full-fat	
Soy flour, defatted	

Milk
Milk (cow's milk), 3.5 % fat
Milk (cow's milk), 1.5 % fat
Milk (cow's milk), skimmed, 0.1 % fat
Goat milk
Sheep's milk
Plant-based drinks ("vegan milk")
Almond drink, unsweetened
Caswhewmilk, unsweetend
Coconut drink, unsweetened
Hazelnut drink, unsweetened
Hemp seed drink, unsweetend
Lupine milk, unsweetened
Macadamia milk, unsweetened
Oat milk, unsweetend
Rice & Quinoa drink, unsweetened
Rice milk, unsweetened
Soy milk, unsweetened
Soy milk, banana, sweetened
Soy milk, light, sweetened
Soy milk, chocolate, sweetened
Soy milk, vanilla, sweetened
Spelt drink, unsweetend

Spreadable fats & Oils

Oils suited for the cold kitchen
Avocado oil, cold pressed
Chia seed oil, cold pressed
Hemp seed oil, cold pressed
Pumpkin seed oil, cold pressed
Linseed oil, cold pressed
Rapeseed oil, cold pressed
Sesame seed oil, dark, roasted, cold pressed
Grape seed oil, cold pressed
Walnut oil, cold pressed
Wheat germ oil, cold pressed
Oils suited for the warm kitchen (e.g. for frying vegetables)
Albaöl (Rapeseed oil with butter flavor)
Safflower oil, refined
Peanut oil, refined
Corn oil, refined
Olive oil, native
Plant-based fat for frying (e. g. Rama Culinesse)
Rapeseed oil, refined
Sesame seed oil, not roasted, unrefined
Oils & fats suited for the warm kitchen (for very high temperatures, e. g. searing; deep frying)
Goose fat
Ghee (clarified butter)
Coconut oil, cold pressed
Beef fat (grazer)
Red palm oil , unrefined and cold pressed
Lard
Sunflower oil, refined
Spreadable fats
Aioli
Alsan (plant-based "butter"), vegan
Butter (sweet or cultured)
Salad dressing (mayonnaise and yoghurt), 25 % fat
Mayonnaise, 80 % fat
Mayonnaise, légère 4.8 % fat
Vegetable margarine
Vegetable margarine, light
Remoulade, 60 % fat
Mayonnaise, 50 % fat
Onion lard

Spices, Dips, Sauces & Seasonings

Dips & Sauces (Convenience products)
Aioli
Ajvar (Paprika paste)
Barbecue sauce
Béchamel sauce
Bernaise sauce
Bouillon, powder, without flavour enhancers
Burger sauce
Chutney
Cocktail sauce
Cream sauce
Frankfurt green sauce
Garlic sauce
Gravy, dry product
Guacamole
Hollandaise sauce
Hot dog sauce
Hummus
Ketchup
Mushroom sauce ("Jägersauce")
Olive tapenade
Paprika sauce ("Zigeunersauce")
Peanut sauce
Pesto
Salad dressing "Sylt style", convenience product
Salad dressing, dry product
Salad dressing, oil & vinegar, convenience product
Salad dressing, oil & vinegar, home-made
Salsa sauce
Sweet & sour sauce
Teriyaki sauce
Thousand island dressing, convenience product
Tomato sauce (arrabiata)
Tomato sauce (bolognese)
Tomato sauce, convenience product, jarred
Tsatziki
Yoghurt dressing, convenience product
Seasonings
Curry paste, green
Curry paste, red
Fish sauce
Horseradish sauce
Liquid seasonings (e. g. Maggi)
Miso (japanese spice paste)
Mustard, medium hot
Mustard, sweet
Oyster Sauce
Oyster Sauce, vegetarian
Sambal Oelek
Sesame paste (tahini)
Soy sauce
Tabasco
Tomato puree
Vinegar
Balsamic vinegar (balsamic reduction)
Wasabi
Worcester sauce
Yeast flakes

Spices	
Caraway	
Cardamom	
Chilli paste (harissa)	
Chillies	
Cinnamon	
Coriander	
Cumin	
Curry powder	
Ginger	
Herbs, dried (e. g. oregano, basil, etc.)	
Nutmeg	
Paprika powder	
Pepper	
Spice mixes, with additives (sugar, fat, etc.)	
Spices, pure, without additives	
Turmeric	
Vegetables and vegetable products	
Artichokes, raw	
Artichokes, jarred, preserved in oil	
Asparagus, raw	
Asparagus, jarred	
Aubergine/eggplant, raw	
Bamboo shoots, jarred	
Beetroot, raw	
Beetroot, chips, diep fried	
Beetroot, jarred	
Beetroot, vacuum-treated and sealed	
Broccoli, raw	
Brussel sprouts, raw	
Carrots, raw	
Carrots, canned	
Cauliflower, raw	
Celeriac, raw	
Celeriac, jarred	
Celery, raw	
Chestnuts, raw	
Chinese cabbage, raw	
Fermented Chinese cabbage (Kimchi), jarred	
Cucumber, raw	
Sandwich gherkins, jarred	
Dill pickles, jarred	
Fennel, raw	
Frozen vegetables, without additives	
Garlic, raw	
Ginger, raw	
Ginger, jarred	
Horseradish, Root, raw	
Jerusalem artichoke, raw	
Kale (green cabbage), raw	
Kale, jarred	
Kohlrabi, raw	
Leek, raw	
Lettuce, raw	
Chicory, raw	
Endive, raw	
Head lettuce, raw	
Iceberg lettuce, raw	
Lamb's lettuce, raw	
Radicchio, raw	
Rocket, raw	
Mung bean sprouts, raw	
Mung bean sprouts, jarred	
Mushrooms, raw	
Oyster mushroom, raw	
Butter fungus, raw	
Butter fungus, jarred	
White mushrooms, raw	
White mushrooms, jarred	
Morel, raw	
Morel, dried	
Chanterelles, raw	
Chanterelles, jarred	
Porcini, raw	
Porcini, dried	
Truffles, raw	
Onion, raw	
Parsley root, raw	
Parsnip, raw	
Parsnip, chips, deep fried	
Peas, green, raw	
Pepper fruit , raw	
Pepper fruit, jarred, preserved in oil	
Pointed cabbage, raw	
Potatoes, raw, with peel	
Potato chips	
Potato, jarred	
French fries, ready-to-eat, salted	
Potato flakes (puree, dry product)	
Pumpkin, raw	
Radish, raw	
Red cabbage, raw	
Red cabbage, jarred	
Red radish, raw	
Rhubarb, raw	
Romanesco, raw	
Salsify, raw	
Savoy, raw	
Soy bean sprouts, raw	
Soy bean sprouts, jarred	
Spinach, raw	
Baby spinach, raw	
Creamed spinach, deep frozen	
Spring onion, raw	
String beans, raw	
String beans, canned	
Sugar snaps, raw	
Sweetcorn (cob), raw	
Popcorn, with sugar ("cinema popcorn")	
Corn, puffed, (corn crackers)	
Sweetcorn, canned	
Sweet potato (Batate), raw	
Sweet potato, chips, deep fried	
Swiss chard, raw	
Tomatoes, raw	
Tomatoes, paste, canned	
Tomatoes, dried	
Tomatoes, preserved in oil	
Tomato ketchup, with added sugar	
Tomato puree, salted	
Turnips, raw	
White cabbage, raw	
Sauerkraut, jarred	
Zucchini, raw	
Zucchini, chips, deep fried	
Fresh herbs	
Basil, fresh	
Chive, fresh	
Coriander, fresh	
Dill, fresh	
Garden cress, fresh	
Mint, fresh	
Parsley, fresh	
Watercress, fresh	

Fruits and fruit products

NAS = no added sugar/ AS = with added sugar
Apple, unpeeled, raw
Apple, dried (NAS, non-sulphurized)
Apple, dried (sulphurized)
Applesauce, jarred (NAS)
Apricot, raw
Apricot, canned, sugared
Apricot, dried (NAS, non-sulphurized)
Avocado, raw
Guacamole, jarred
Banana, raw
Banana chips (AS and fat, sulphurized)
Banana, dried (NAS, non-sulphurized)
Blackberry, raw
Blood orange, raw
Blueberries, raw
Blueberries, freeze-dried
Cherries, sour, raw
Morello cherries, jarred, sugared
Cherries, sweet, raw
Cranberries, dried, sugared
Currants, raw, red
Currants, raw, black
Currants, raw, white
Dates, dried (NAS, non-sulphurized)
Elderberries, raw, black
Fig, dried (NAS, non-sulphurized)
Fig, raw
Galia melon, raw
Goji berries, dried (NAS, non-sulphurized)
Gooseberries, raw
Grapefruit, red, raw
Grapefruit, white, raw
Grapes, raw
Black Corinths, dried (NAS, non-sulphurized)
Raisins, dried (NAS, non-sulphurized)
Sultanas, dried (NAS, non-sulphurized)
Honeydew, raw
Kiwi, raw
Lemon, raw
Lemon juice, freshly-squeezed
Lime, raw
Lingonberry, raw
Litchi, raw
Litchi, canned, sugared
Mandarin, raw
Mandarin, canned, sugared
Mango, raw
Mango, canned, sugared
Mango, dried (NAS, non-sulphurized)
Mirabelles, raw
Mirabelles, canned, sugared
Mulberries, dried (NAS, non-sulphurized)
Nectarines, raw
Olives, black, marinated (Greek style)
Olives, green, marinated
Orange, raw
Papaya, raw
Passion fruit, raw
Peach, raw
Peach, canned, sugared
Peach, dried (NAS, non-sulphurized)
Pear, raw
Pear sauce, jarred (NAS)
Pear, canned, sugared
Persimmon, raw
Physalis, raw
Pineapple, raw
Pineapple, canned, sugared
Pineapple, dried NAS, non-sulphurized)
Plum, raw
Plum, dried (NAS, non-sulphurized)
Pomegranate, raw
Pomelo, raw
Quince, raw
Raspberries, raw
Raspberries, freeze-dried
Sea buckthorn berries, raw
Strawberries, raw
Strawberries, freeze-dried
Watermelon, raw

Legumes, kernels, seeds and nuts

Legumes

Beans, white, dried
Beans, white, canned
Chickpeas, dried
Chickpeas, canned
Kidney beans, dried
Kidney beans, canned
Lentils, dried
Lentils, canned
Peas, dried
Peas, canned
Soy beans, dried
Soy beans, canned

Kernels & Seeds

Chia seeds
Hemp seeds, peeled
Linseeds
Pine nuts
Pistachio kernels
Poppy seeds
Psyllium husks
Pumpkin seeds
Sesame seeds, white, unpeeled
Sesame seeds, black, unpeeled
Gomasio
Sunflower seeds

Nuts

Almonds
Brazil nuts
Cashews
Chestnuts
Coconut milk
Coconut paste, 100 % coconut
Coconut, ripe
Hazelnuts
Macadamia nuts
Nut paste (100 % nut)
Peanuts, unroasted
Peanut butter, 100 % peanuts
Peanuts, rosted
Pecan nuts
Tigernuts (nut alternative)
Trail mix
Walnuts

Meat and poultry

Beef

Beef, canned
Beef, fillet
Beef, lean meat without fat
Beef, leg
Beef, liver
Beef, minced (maximum 20 % fat)
Beef, steak tartare (maximum 7 % fat)
Beef, tongue

Game (Quarry)	
Hare	
Venison (deer, stag)	
Venison (roe deer)	
Wild boar	
Lamb	
Lamb, escalope	
Lamb, fillet	
Lamb, leg	
Lamb, meat chop	
Lamb, minced	
Meat products & sausages	
Bierschinken	
Blood sausage	
Bologna sausage (Fleischwurst)	
Bratwurst (pork)	
Ham, salted and cooked	
Ham, saltet and smoked	
Jagdwurst	
Liverwurst	
Meat loaf (Leberkäse)	
Mettwurst (Braunschweiger)	
Minced meat (pork and beef, maximum 30 % fat)	
Mortadella	
Poultry sausage, lean	
Salami	
Saveloy	
Vienna sausage	
Meat substitutes	
Quorn	
Seitan	
Soy cutlets	
Tempeh	
Tofu	
Almond-nut-tofu	
Silken tofu	
Smoked tofu	
Vegetarian liverwurst	
Vegetarian salami	
Vegetarian sausage	
Vegetarian schnitzel	
Other	
Goat	
Horse	
Rabbit	
Pork	
Bacon	
Pork, belly	
Pork, cured, lean	
Pork, diced ham (lean)	
Pork, escalope (from the topside)	
Pork, fillet	
Pork, ground ("Mett")	
Pork, lean meat without fat	
Pork, meat chop	
Pork, minced (maximal 30 % fat)	
Pork, neck	
Poultry	
Chicken, roast chicken, whole	
Chicken breast, with skin	
Chicken breast, without skin	
Chicken, boiler	
Chicken, heart	
Chicken, leg with skin	
Chicken, liver	
Duck, breast with skin	
Duck, leg	
Goose, breast with skin	
Goose, leg with skin	
Turkey, with skin	
Turkey hen, breast, without skin	
Turkey hen, leg, without skin	
Veal	
Veal, escalope (no breadcrumb coating)	
Veal, fillet	
Veal, meat chop	
Veal, Wiener Schnitzel (breaded, fried)	

Fish and fish products

Brathering, jarred	
Brown trout, fresh	
Carp, fresh	
Caviar (sturgeon), jarred	
Caviar (other fish), jarred	
Cod, fresh	
Common sole, fresh	
Crab, fresh	
Crustacea (crayfish), fresh	
European flounder, fresh	
Hake (Merlucciidae), fresh	
Halibut, fresh	
Lobster, fresh	
Northern pike, fresh	
Oysters, fresh	
Perch, fresh	
Plaice, fresh	
Pollock (saithe), fresh	
Pollock, preseved in oil, canned	
Pollock, smoked	
Rose fish (red perch), fresh	
Scampi, fresh	
Sea eel (Seeaal), smoked	
Shrimp, fresh	
(Skipjack) Tuna, fresh (Katsuwonus pelamis)	
Tuna, in oil, canned	
Tuna, in water, canned	
Zander, fresh	
Cuttlefish	
Octopus (Pulpo), fresh	
Sepia, fresh	
Squid, fresh	
Cold water fish, high in omega-3 fatty acids	
Anchovy, fresh	
Anchovy, in oil, canned	
Eel, freshwater eel, fresh	
Eel, smoked	
Herring, fresh	
Herring, fillet (Matjesfilet)	
Herring, fillet, in cream sauce	
Herring, fillet, in tomato sauce, canned	
Herring, in jelly	
Herring, marinated ("Bismarckhering")	
Mackerel, fresh	
Mackerel, smoked	
Salmon, fresh	
Salmon, smoked	
Sardine, fresh	
Sardine, in oil, canned	
Tuna (Thunnus), fresh	

Sweets, pastry and sweeteners

Desserts (Ready-to-eat product)	
Jelly	
Pudding, chocolate	
Pudding, vanilla	
Rice pudding	
Rote Grütze (red fruit dessert)	
Semolina pudding	
Tiramisu	

Ice cream	
Fruit ice (Italian ice)	
Ice cream (with cream)	
Ice cream (with milk)	
Sorbet	
Water ice	
Salty snacks	
Bamba (German: "Erdnussflips")	
Breadstick (Grissini)	
Cheese breadsticks	
Nachos/Tortilla chips	
Potato chips, deep fried	
Salt sticks/Pretzel sticks	
Sweets	
Candy	
Chocolate, with nuts	
Chocolate, dark (= 90 % Cocoa)	
Chocolate, milk	
Chocolate, white	
Gummi candy	
Liquorice (confectionery)	
Marzipan	
Nougat	
Sweeteners	
Agave nectar	
Coconut sugar	
Concentrated apple/pear juice	
Date syrup	
Erythritol, no calories	
Golden syrup	
Honey	
Maple syrup	
Rice syrup	
Stevia (100 %)	
Sugar, brown	
Sugar, white	
Xylitol, 40 % less calories than sugar	
Yacón syrup	
Sweet pastries (Ready-to-eat)	
Apple strudel	
Cake, curd-oil-dough	
Cake, sponge cake	
Cake, yeast dough	
Cookies/Biscuits	
Cream cake	
Fruit tart	
Waffels	
Sweet spreads	
Chocolate-hazelnut spread	
Fruit jelly, all kinds	
Jam, all kinds	
Pear & apple spread, no added sugar	

Beverages

Alcoholic beverages	
Beer (5 %)	
Brandy (32 %)	
Cider (5 %)	
Kölsch beer (5 %)	
Pale lager (5 %)	
Sparkling wine (11-12 %)	
Table wine, white (9-10 %)	
Wine, red (10-12 %)	
Wine, white (10-12 %)	
Non-alcoholic beverages/softdrinks	
Coke	
Coke, no sugar (light)	
Energy drink	
Fanta	
Fermented softdrinks (e. g. Bionade)	
Ice tea	
Ice tea, light	
Malt beer (0.04 - 0.6 %)	
Sprite	
Fruit juices and smoothies	
Apple juice, freshly-squeezed	
Banana juice, direct juice	
Beetroot juice, direct juice	
Blood orange juice, freshly-squeezed	
Buckthorn berry juice, freshly-squeezed	
Carrot juice, direct juice	
Elderflower syrup	
Grape juice, direct juice	
Grapefruit juice, freshly-squeezed	
Juice spritzer, home-made, 3(water):1(juice)	
Orange juice, freshly-squeezed	
Pineapple juice, direct juice	
Tomato juice, direct juice	
Hot beverages	
Cappuccino (without sugar)	
Coffee (no milk, no sugar)	
Coffee (with a little milk, no sugar)	
Coffee, sugared	
Coffee substitute	
Cereal-based coffee	
Malt coffee	
Chicory-based coffee	
Latte Macchiato (no sugar)	
Tea (no sugar)	
Meal replacements	
MetaShake, Type Alpha	
MetaShake, Type Beta	
MetaShake, Type Gamma	
MetaShake, Type Delta	
Smoothies	
Fruit smoothie, freshly made	
Green smoothie, freshly made	
Other beverages	
Beer, alcohol-free	
Brottrunk	
Kombucha (fermented tea)	
Sparkling wine, alcohol-free	

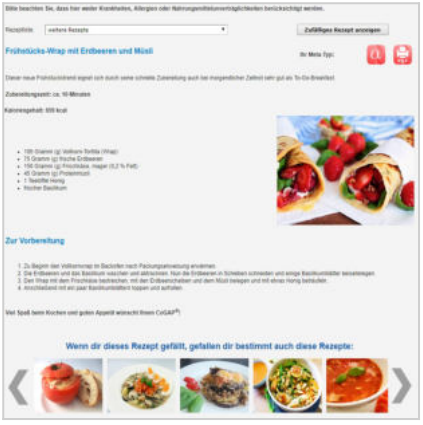
The CoGAP® Nutrition Portal

The nutrition portal of CoGAP® (http://healthy-eating.cogap.eu) offers the possibility of receiving recipe suggestions as well as diet and nutritional programmes that are adapted to the calorie requirements in accordance with the meta-type. These take into account not only the meta-types but also other personal characteristics such as gender, age, height, weight and physical activity.

Individualized
Recipe suggestions

Individualized
Nutritional suggestions

BMI calculator, Calorie requirement, Sports and Nutrition tips



Sports section

Burn calories effectively!

Many people pursue the goal of building their muscles through sporting activities. The basis for a successful training plan to build muscle is the composition of your own muscle fibre. There are basically two types of muscle fibers: red muscle fiber (slowly twitching) and white muscle fiber (fast twitching). The composition of the muscle fibre is determined primarily by genetics and is therefore highly individual and differs from person to person. So if you know your own muscle fibre composition, you can perfectly adapt your training plan to build muscle.

In addition to effective muscle building, any form of exercise can generally have a positive impact on your fitness, health and well-being. Due to the increased energy consumption, weight loss is thus favoured. However, your genetic predisposition has an influence on which activities help you burn more calories. While the endurance version E (like "Endurance") is characterized by a high calorie consumption during endurance training, the (fast) power version S (like "Speed" or "Speed-Power") shows a significantly higher calorie consumption for both speed and muscle strength-based training types.

In a successful weight reduction plan, it is also important to regularly observe the development of the body by means of a profound body analysis. An extensive analysis includes the measurement of the individual relevant body compartments such as body water (TBW), fat-free mass (FFM), lean mass (LBM), fat mass (FM), body cell mass (BCM) and extracellular mass (ECM).

Your sport variant

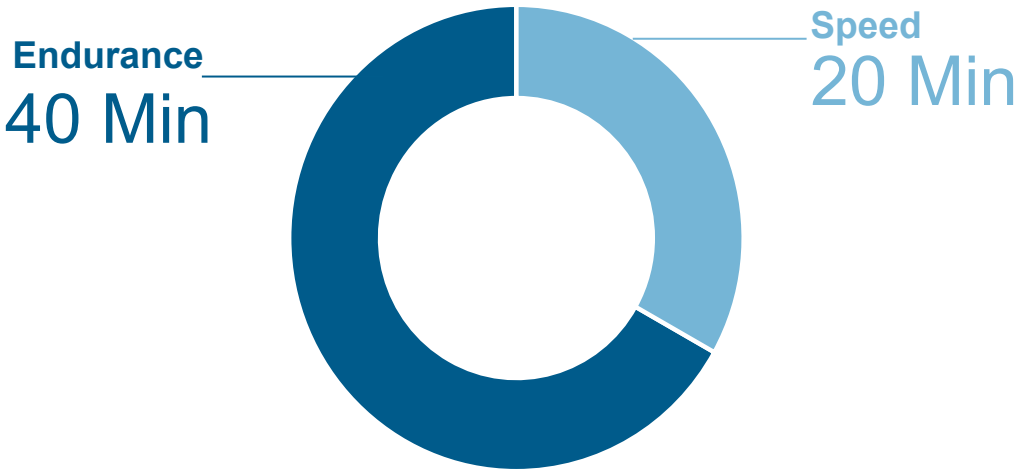
Factor	Effect	Speed	Endurance
Exercise	Endurance		

You have the **Sport-type E**. This means that you will have a more effective and therefore higher calorie consumption in all endurance-based sports (such as jogging, Nordic walking, swimming and rowing) than in speed strength-based sports.

Make the most of your genetic disposition and prioritize your training with endurance-based sports. For a 60-minute training plan, we recommend a distribution of endurance sports to speed and strength-based sports as depicted in the diagram below.

Nevertheless, any form of regular exercise is suitable for increasing your basal metabolic rate in the long term. If you are able to cope better with speed-strength training, it is advisable for you to integrate this more strongly into your training plan, instead of doing without sport altogether.

In addition, you should always ensure that the training is appropriate for your circumstances and does not lead to health issues, such as joint problems caused by excessive strain. Therefore, your training plan will be developed together with your trainer according to your personal needs, wishes and goals.



Further individual recommendations

For your sport variant E (Endurance), sports such as jogging, swimming, inline skating, cycling or walking are suitable. First of all, general stamina or basic endurance should be trained. The training can be structured as follows:

Training method

Focus on strength endurance training and (strength) enduring courses

Strength training

Strength endurance (approx. 15 – 20 repeats)

In addition and especially useful

Continuous method for cardiovascular equipment (basic stamina 50 – 70% max HF)

Training frequency

At least twice a week

Your sport type and EMS training

Electro-Myo Stimulation Training (EMS) enables you to effectively train all the muscles of your body. In addition, you can define various parameters of the EMS training, for example, you can adjust the frequency, duration of contraction and duration of use to suit your personal sport type, resulting in effective calorie consumption.

According to your sport type **Sport-type E**, we recommend that you adjust the parameters of the EMS training with the help of your trainer as follows, so that it corresponds to your genetic predisposition so that you effectively burn calories:

Training method	EMS-Training
Training frequency	Once a week (or at least 4 days break)
Training time	15 - 20 min
Intensity	low to medium
Supplementary training	1 - 2 times a week metabolic program or endurance training

Further suitable course offerings

If you are interested in attending sports courses, please refer to the following list. This offers you a large selection of courses, which are suitable for your sport variant.

We wish you much fun and success!

Cardio Courses

Aqua jogging, AquaFit, Basic Aerobic, Basic Cycling, Dance Moves, Energy Aerobic, Energy Step, Fatburner Cycling, Simple Power Aerobic, Step &Tone

Health Courses

Back & FlexiFit, FitBall, Pilates, Stretch & Relax

50+ Courses

Back & Flexifit, Dynamic Pilates, Start up Cycling, Start up Moves

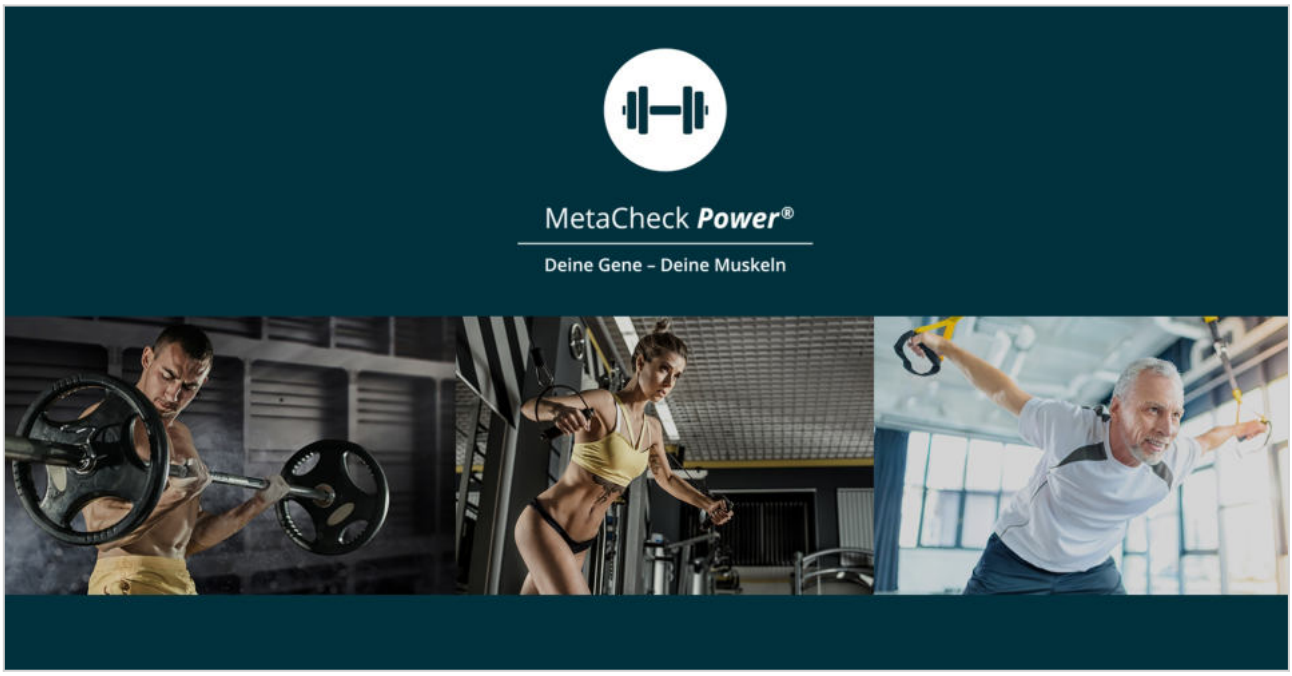
Strengthening Courses

Belly X-Press, BTB (Butt, Thighs and Belly), Iron Back

Other courses

Aerobic, Aqua Fitness, Belly intensive, BodyBalance, BodyCombat, BodyPump, Body Workout, BOP, Bosu-Cardio, Bosu-Workout, Fatburner, Fit 40+, Fitmix, Flexibar, Hip Hop, Kinesis Gym, Latin Moves, Pilates, SH`BAM, Spine, Step, Step workout, Zumba Fitness

Interested in building muscle?



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