



Your DNA.
Your Diet.

MetaCheck

Gene Diet

Short Report

A decorative graphic in the bottom right corner consisting of a large, light blue circle with a smaller, solid dark blue circle inside it. A circular area with white diagonal hatching overlaps the bottom left of the large circle.

COGAP



Results



A brief summary of your results

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

Factor	Effect	Speed	Endurance
Exercise	Speed		

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



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.



Sport-type S

Your sport type S means that you have a more effective and therefore higher calorie consumption in all fast strength-based sports (such as weight training on equipment, aerobics, body pumping, tennis or interval training) than in endurance-oriented sports.





Optimal macronutrient distribution

Phase 1: The first 4 weeks

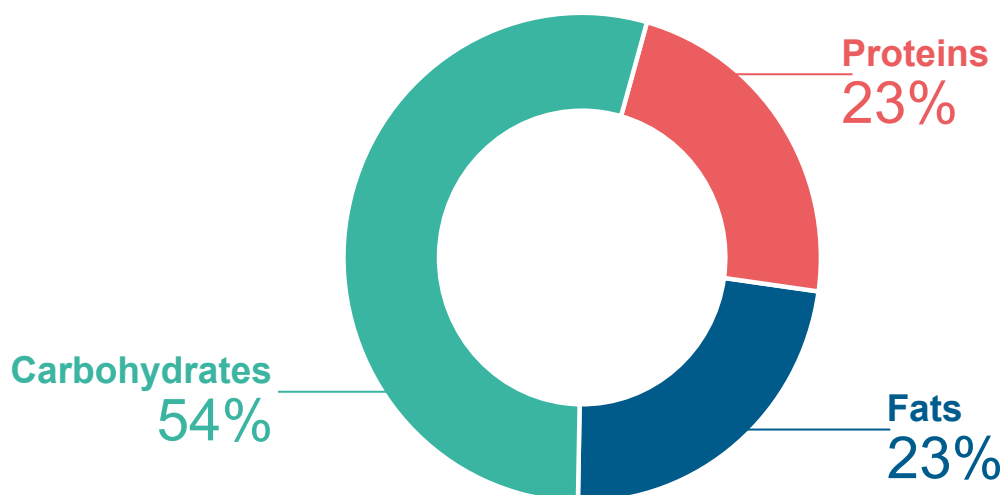
The following figure shows your macronutrient distribution for the first 4 weeks.



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.



EN6GS

Your DNA. Your diet.

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 nutritional 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

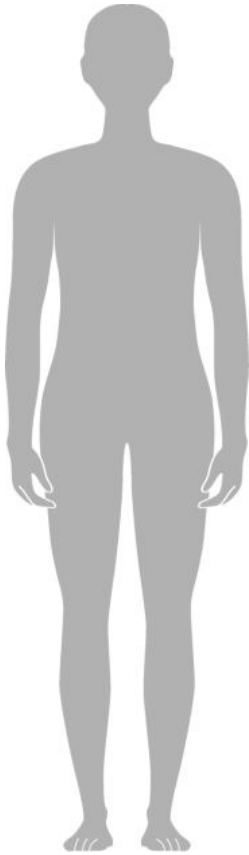
In humans, and all vertebrates in general, the fat that is stored in the free abdominal cavity and envelops the internal organs is called visceral adipose tissue. Primarily, it provides mechanical protection for the internal organs and serves as an energy reserve in the event of a lack of food. Unlike 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.



That's me!



Meta-type: Gamma
Sport-type: S
Weight: 78 kg
Size: 167 cm
Age: 31
Gender: male
BMI: 28

Carbohydrates
54 %



Proteins
23 %



Fats
23 %



Your average daily total energy requirement with light physical activities:
2637 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



Your sport variant

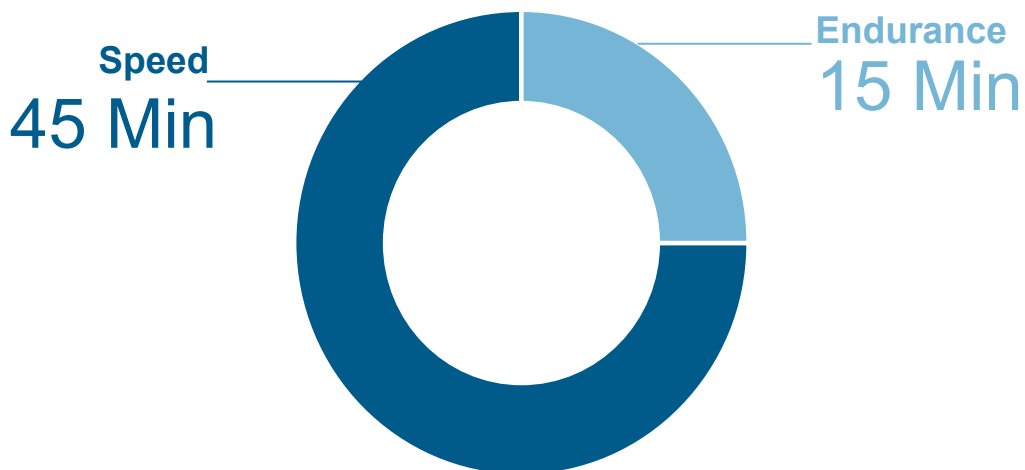
Factor	Effect	Speed	Endurance
Exercise	Speed	<div style="width: 100%; height: 10px; background-color: #0056b3;"></div>	

Your **Sport-type S** means that you have a more effective and therefore higher calorie consumption in all fast strength-based sports (such as weight training on equipment, aerobics, body pumping, tennis or interval training) than in endurance-oriented sports.

Make the most of your genetic disposition and prioritize your training with speed and strength-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 endurance 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.





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