**Saturated Fat and Weight**

J governmental regulations require the inclusion of a statement that saturated fat is not associated with an increased risk of heart disease.

**Healthy Weight Management**

How To Use This Tool

- Enter your weight in kg and your height in cm.
- The tool calculates your Body Mass Index (BMI).
- The tool also provides recommendations for healthy weight management.

- **BMI Calculation**
  - BMI = Weight (kg) / Height (m)^2
  - Normal weight: 18.5 ≤ BMI < 25
  - Overweight: 25 ≤ BMI < 30
  - Obese: BMI ≥ 30

- **Recommendations**
  - Healthy weight: Maintain your current weight.
  - Weight loss: Aim for a weight loss of approximately 0.5 to 1 kg per week.

**Physical Activity**

- Regular physical activity is also important for maintaining a healthy weight.
- Aim for at least 150 minutes of moderate-intensity aerobic activity per week.

**Food Choices**

- Choose a variety of foods from all food groups.
- Limit the intake of saturated fat and added sugars.

**Keep exploring your Wellness results**

**Somatic Details**

The effect of dietary saturated fat on BMI is associated with a variant near the APPL2 gene.

- **Patient ID**: 123456789
- **BMI**: 22.5
- **Weight**: 70 kg
- **Height**: 170 cm
- **Gender**: Male

**Genetic Findings**

- **Variants**: SPRR2, MTHFR, CETP
- **Risk**: Increased

**References**

1. **Gene and Environment Interaction**: The effect of dietary saturated fat on BMI is modulated by genetic variants near the APPL2 gene.
2. **Clinical Relevance**: Understanding the interaction between diet and genetics can guide personalized weight management strategies.
3. **Future Directions**: Further research is needed to elucidate the mechanisms underlying the observed association.

**Orange Tag**

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