# Donald Trump declared in excellent health despite unconventional diet



Donald Trump’s personal doctors have declared the 78-year-old former President to be in “excellent health,” following a comprehensive physical examination earlier this week. The assessment, conducted at Walter Reed National Military Medical Center, was overseen by Captain Sean Barbabella, Trump’s physician, who confirmed that the President consented to the public release of his latest annual medical report.

The health report highlighted Trump’s “robust cardiac, pulmonary, neurological, and general physical function,” noting that his active lifestyle continues to contribute positively to his overall well-being. It further detailed the 47th President’s busy daily schedule, which includes numerous meetings, public engagements, press events, and frequent participation in golf, an activity where he reportedly enjoys a considerable record of wins.

“President Trump's days include participation in multiple meetings, public appearances, press availability and frequent victories in golf events,” the report stated. “President Trump exhibits excellent cognitive and physical health and is fully fit to execute the duties of the Commander-in-Chief and Head of State.”

Despite these positive health indications, Trump's diet remains unconventional and has drawn considerable public attention. Reports have long portrayed his eating habits as centred around fast food and sugary drinks, habits seemingly at odds with standard health advice. The Daily Express recently investigated these claims by attempting to replicate a day in the life of the President’s diet.

According to the report, Trump’s breakfast choices—if he eats in the morning at all—are minimal and typically include options such as bacon and eggs, cereal, or muffins from McDonald’s. Skipping breakfast is a habit shared by many Americans, but the conventional understanding of nutrition suggests breakfast is important in maintaining overall health.

Lunch is reported to consist of protein-heavy meals such as meatloaf or steak, often served well-done and accompanied by ketchup. Health experts note that steak, while rich in iron, zinc, and B vitamins beneficial to muscle growth and immune function, should be consumed in moderation due to risks associated with its saturated fat content. Harvard Medical School highlights concerns linking red meat consumption to increased cholesterol levels and potential heightened risks of heart disease and certain cancers.

Fast food reportedly features heavily in the President’s daily intake, with a particular fondness for items from McDonald’s. An order mimicking Trump’s purported preference included two Big Macs, two Filet-O-Fish sandwiches, and a chocolate milkshake. The Quarter Pounder with Cheese is also said to be a favourite of his.

Snacking plays a significant role in his reported diet, with snacks such as Doritos and Oreos commonly consumed. In terms of beverages, Trump is famously associated with an extensive intake of Diet Coke, reputed to amount to twelve cans daily. The New York Times once highlighted that the former President went so far as to install a button in the Oval Office for immediate access to the drink.

While Diet Coke is often promoted as a lower-sugar alternative to regular soda, it contains artificial sweeteners and offers no nutritional value. Public health experts have expressed caution about the potential effects of consuming large quantities of artificially sweetened drinks.

In terms of physical characteristics, the report confirms that Donald Trump weighs 224 pounds (approximately 16 stone) and stands at 6 feet 3 inches tall.

The GetSurrey report also underlines that despite the contentious nature of Trump’s diet, his physicians have categorically stated the current physical and cognitive state of the former President to be at an excellent level, enabling him to carry out the responsibilities entrusted to him during his tenure as Commander-in-Chief.

Source: [Noah Wire Services](https://www.noahwire.com)

## References

* <https://www.whitehouse.gov/briefings-statements/2025/04/memorandum-from-the-white-house-physician/> - This memorandum from the White House corroborates that Donald Trump's health was assessed by his physician, confirming him to be in excellent health. It also mentions the release of his medical report.
* <https://time.com/7277406/president-donald-trump-health-physical-results-medical-records/> - This article highlights the details of Trump's recent physical examination, confirming his excellent health and cognitive abilities. It also discusses his active lifestyle and medications.
* <https://www.hopkinsmedicine.org/health/wellness-and-prevention/nutrition-for-healthy-hearts> - While not directly mentioned, Harvard Medical School often discusses the risks associated with red meat consumption, such as increased cholesterol levels and heart disease. This aligns with concerns over Trump's diet.
* <https://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/> - Harvard School of Public Health provides general dietary advice that contrasts with Trump's reported eating habits, emphasizing balanced nutrition and moderation in consuming foods high in saturated fats.
* <https://www.nytimes.com/2020/01/03/business/media/trump-diet-coke-button.html> - This article supports the claim about Trump's extensive intake of Diet Coke and his installation of a button in the Oval Office for easier access to the drink.