

PROGRAM MANUAL FOR ADMINISTRATORS

Nutriinfo.com

Nutriinfo.com offers unique, customizable online weight and health management solutions to organizations through licensing to help their individuals achieve healthy lifestyles.

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Program Overview

My Nutriinfo helps individuals manage their weight by providing tools for logging weight, food intake, and exercise. It also provides scientific analysis, individualized recommendations and feedback from experts in nutrition and fitness as well as customized newsletters based on an individual's medical diagnoses. ***This is a perfect solution for organizations to help improve their individuals' health.***

Key Features:

- **Calendar:** Individuals can view all data regarding the progress of their dieting efforts, including journal entries and information about their weight, food intake, exercise, or health.
- **Journal:** Individuals can record daily diet and fitness thoughts.
- **Weight Log:** Individuals enter their weight each time they log on so they can track their progress and receive recommendations from our experts.
- **Food / Exercise Log:** Individuals enter their daily food intake or exercise activities to find out their energy balance and how close they are to meeting their goals.
- **Health logs:** Individuals can keep track of their blood glucose, cholesterol, or blood pressure to manage the obesity-associated diseases.
- **Analysis and Advice:** Scientific analysis and individualized advice are provided based on individuals' profiles and logged information.
- **Resources:** Individualized nutrition and health news and tips will be provided in this section for future reference and better support.



Nutriinfo Dedicated to your health (Go to your admin page) Logout

home > **Diet Manager** Diet Manager My Account eTools Community Help Center

Hello Jessica

- Today: Thu, Apr 24, 2008
- Last login: Thu, Apr 24, 2008
- Membership type: Premium
- Point: 18,209 [Points?](#)

Monthly summary

- Weight change: 0.0 lbs
- Exercise: 0 days / 0 min
- [View stat in detail.](#)

Health Tips

Plan for a healthy lunch.

Calendar Journal Weight Food Exercise Health Analysis / Advice Resources [Diet plan settings](#) [Help](#)

Summary of my goals and progress

This is a summary of your current health status and goals. Be sure to log your food and exercise often to monitor your progress. Check out the Diet Manager's Analysis and Advice section to see how close you are to achieving your daily goals.

My health profile

- Current weight: 116.0 lbs
- Height: 5 feet 6 inches
- Activity level: Light activity (Light exercise 1-3 days/week)
- My BMI: 18.8 (Normal weight)
- Caloric requirement for my weight loss goal: 1,400 Kcal

My Goal

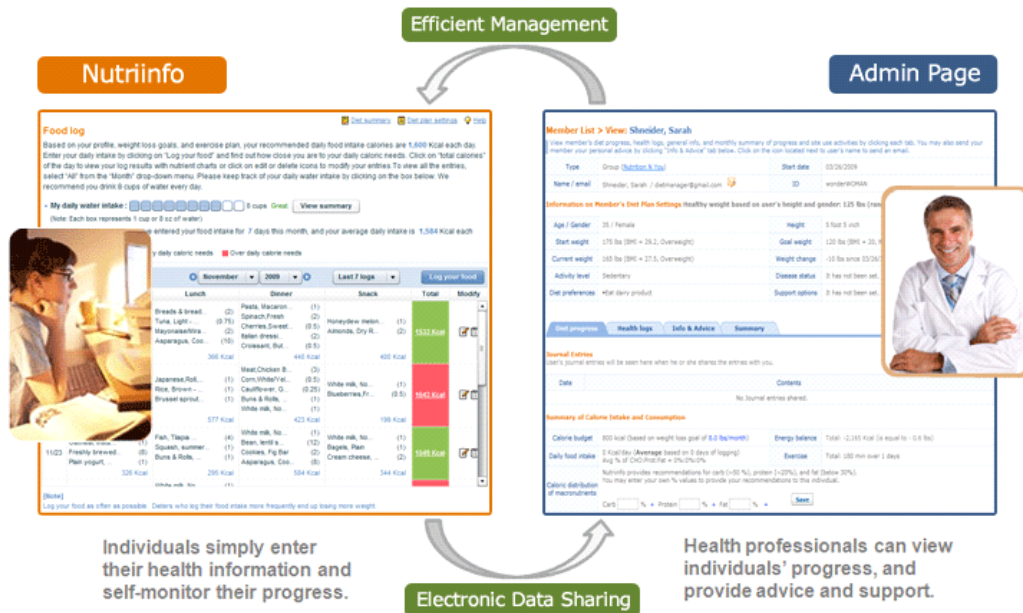
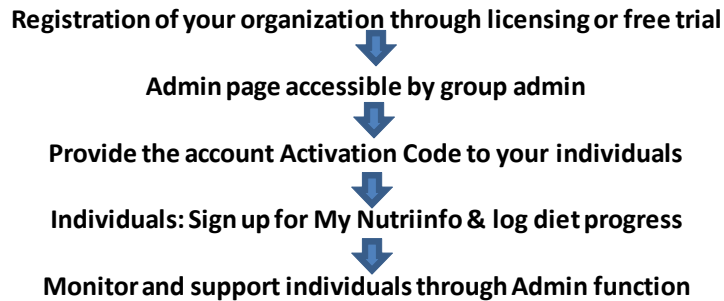
- My goal weight: 110 lbs
- Monthly weight loss goal: 4.0 lbs
- Exercise goal: 3 days / week

Monthly summary of progress and site usage

- My weight change: 0 lbs
- Exercise: Total 0 min over 0 days
- Login: 7 days
- Messages posted: 0 postings
- Total points: 18,209 points

How Does It Work?

Upon licensing of My Nutriinfo, your individuals will have free access to the Diet Manager at Nutriinfo.com and you, as an administrator, will have access to the Admin page to monitor your members' diet progress and help individuals manage their weight and health.

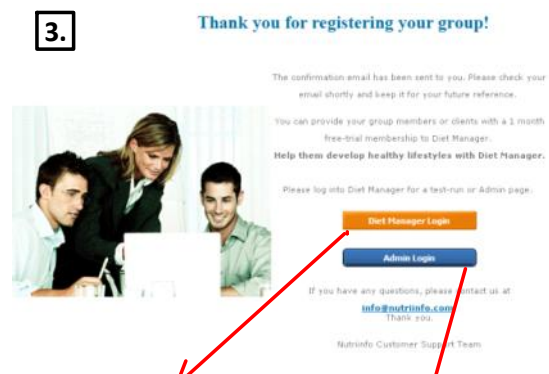
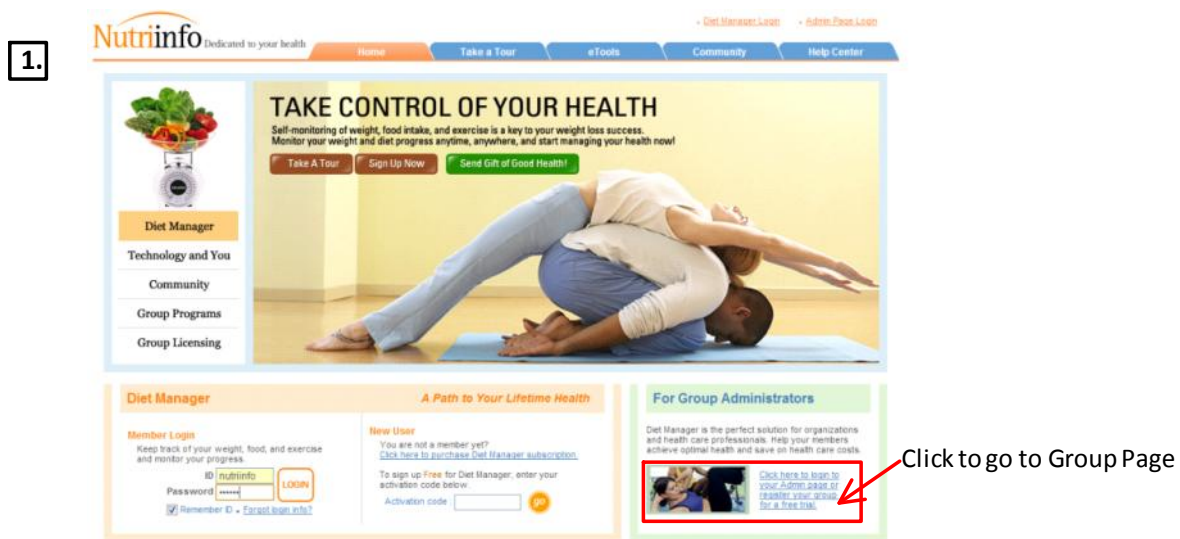


My Nutriinfo will function as an additional tool for your organization's wellness program or patient management program, and will not only improve health care quality but also save on cost!

Registration of Your Organization

With the licensing or test-driving of My Nutriinfo for your organization, you can provide your individuals with free memberships to Diet Manager. Registering your group is simple and easy.

1. Go to Nutriinfo.com and go to the page for group administrators or click on the link to go to Group administrator info page (as shown below).
2. Fill in the information to register your organization and click "Register."
3. Welcome page will appear. You may log in to Diet Manager to give it a test run or go straight to Administration login.



Diet Manager Login

Admin Login

Take time to explore key features of Diet Manager to better help your clients monitor their progress and use it for yourself too!

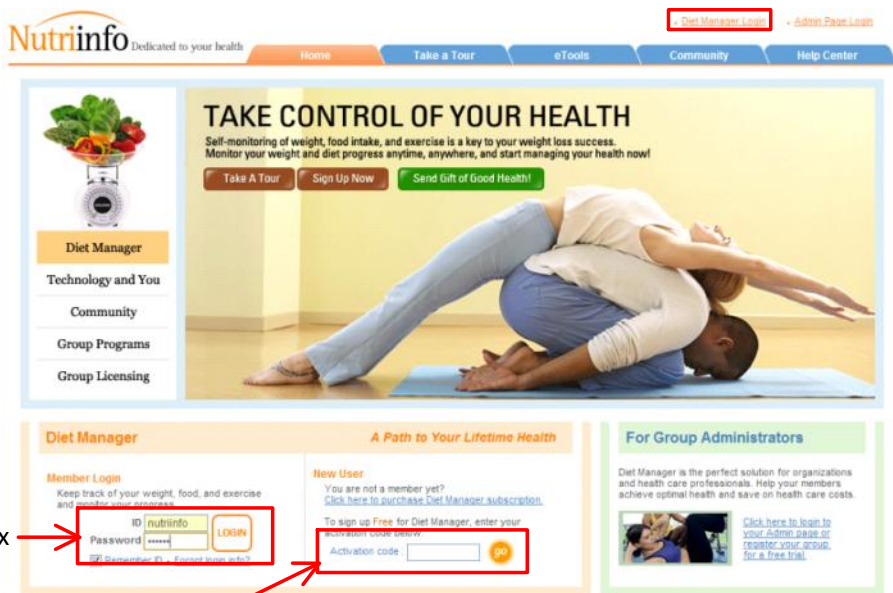
You will have access to an administration page which allows you to track overall health progress of your members, post events, and send emails to your members.

Join & Login

Individuals can join or login from Nutriinfo.com or from your website.

1. From Nutriinfo.com

Click here to login to Diet Manager



Login box

Have individuals enter **Activation Code** to sign up for Diet Manager **FREE**.

2. From your web

Your users may login from your Website to customize our solutions to yours and to match with your Website. We'll provide you with Diet Manager Login buttons and instructions for easy set-up.



Administration Page Overview

Diet Manager is unique because its Admin features allow health professionals or group staff to monitor individuals' diet progress and manage members in a simple and efficient way through their Admin Page.

Key features of the Diet Manager Admin Page include:

Member Management: Shows activity, progress, and all the calorie analysis of individuals based on the information that they have entered (weight, food intake, exercise, etc) on the Diet Manager program. Administrators can provide support to or communicate with users from their Admin page, which is key to individuals' weight management success.

Group Management: Shows the information about your group. You may upload your company's logo to have it appear on the Diet Manager for your group. You may also add more staff with a different level of administration function for managing members.

Content Management: You may post contents for your members through different message boards. All the contents except Health Resources will be posted on the Community section.

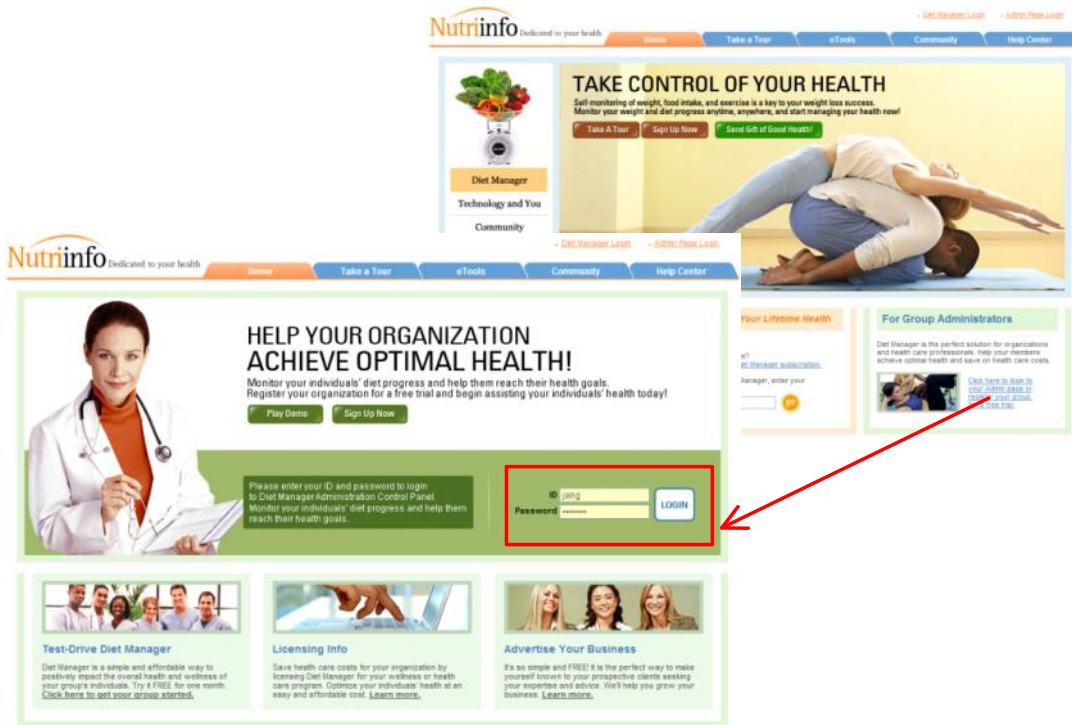
- **Health Resources:** Nutrition and health contents will be posted by Nutriinfo.com on a regular basis. You may also post contents for your members. The resources posted by your administrators will be viewable by your members only on their Diet Manager accounts.
- **Events:** You can post your group's special events to just your members or to the general public.
- **Diet FAQ:** You may enter your group's Diet FAQs for only your members to view.
- **Ask Experts:** Shows a list of questions asked by members regarding diet, health, and fitness. Nutriinfo will answer to questions posted by your members. You may also post your answer.
- **Recipes:** You may provide healthy recipes for your members.

Help Center: Nutriinfo will provide unlimited tech support to admin or group individuals while your group is using the program. Take advantage of all the support and benefits we offer.

- **Tech Support:** You may post any tech-related questions, your suggestions, or comments.
- **Manuals & FAQs:** Program manuals or FAQs in regards to program use are posted to better support your needs.

Administration Page Login

1. Access the login page from our homepage



2. You can access your Admin login page from Diet Manager.



Member Management Overview

You may view your clients on the **Member List** from the **Member Management** page. Explore key features you can utilize as administrator of your group!

1. Create an Excel backup file of your members.
2. Send emails to all of your members or to specific people after selecting them.
3. See which members are at the top of the Diet Winner List.
4. Click on a specific member and view his or her progress, health logs, and other key features.

Your Company Logo testadmin1 | Total Members : 5 Web admin: testadmin1 [Logout](#)

Member Management | **Group Management** | **Content Management** | **Help Center**

Member list : **Diet winner list** 3.

Member list

View diet progress of members. You may search members by categories shown below. Check on the box(es) on the left to select member(s), and click an icon on the right to back-up members' info, send email, or delete members. Click name of the member to view member's progress in detail. Select a member and click on to assign the member to your staff. When questions or replies are posted, an alert icon will be posted next to user's name. Click on the icon to view questions or replies from your individuals.

ID
 Name
 Gender
 Login
 Points
 Weight loss
 Exercise

Name (Search by first name or last name):

Select members to email or delete

Month == Year == Group Wt Change: 10 lbs Group Ex. Time: 0 Min 1. 2. 50

No	Start date	ID	Name	Age	G	Login (days)	Points	Act level	Ht ft.in	Weight (Wt)				Exercise		Calorie budget	Dis	NL	Staff
										S	C	WC	G	T	D				
<input type="checkbox"/>	6	12/16/08	Lisa75	Thomas, Lisa	33	F	2	4	M	5.6	160	160	0	140	0	0	1900	H/G	Sarah23
<input type="checkbox"/>	5	12/16/08	James06	Anderson, James	40	M	2	1004	M	5.11	210	200	-10	195	0	0	2600	H/G	
<input type="checkbox"/>	4	12/16/08	Mary50	Williams, Mary	50	F	1	2	L	5.1	155	155	0	140	0	0	1600	H/G	
<input type="checkbox"/>	3	12/16/08	Ashley24	Smith, Ashley	27	F	1	2	S	5.2	155	155	0	130	0	0	1200	H/G	
<input type="checkbox"/>	2	04/28/08	testadmin1	Smith, Jennifer	39	F	84	168	L	5.8	200	200	0	170	0	0	2000	H	H Sarah23
<input type="checkbox"/>	1	04/20/07	takeatour*	Smith, Jessica	F	202	19339	L	5.6	150	145	-5	120	4133	54	1500	D	H/G	

Member list > View: Smith, Jessica

View member's diet progress, health logs, general info, and monthly summary of progress and site use activities by clicking each tab. You may also send your member your personal advice by clicking "Info & Advice" tab below. Click on the icon located next to user's name to send an email.

Type	Premium (PM)	Start date	04/20/2007
Name	Smith, Jessica	ID	takeatour
Age / Gender	24 / Female	Height	5 foot 6 inch

Diet progress | **Health logs** | **Info & Advice** | **Summary** All 2009

Weight Progress & Diet Plan Settings
View user's diet progress and the information entered on the Diet Plan Settings.

Start weight	150 lbs (BMI = 24.3, Normal Weight)	Goal weight	120 lbs (BMI = 19.4, Normal Weight)(Weigh loss)
Current weight	145 lbs (BMI = 23.5, Normal Weight)	Weight change	-5 lbs since 04/20/2007
Activity level	Light Activity	Disease status	*Diabetes
Diet preferences	*Eat dairy product	Support options	*Health newsletter *Show diet progress

Journal Entries
User's journal entries will be seen here when he or she shares the entries with you.

Date	Contents
No Journal entries shared.	

Summary of Calorie Intake and Consumption

Calorie budget	1,500 kcal (based on weight loss goal of 4.0 lbs/month)	Energy balance	Total: -3,339 Kcal (is equal to - 1.0 lbs)
Daily food intake	1,002 Kcal/day (Average based on 3 days of logging)	Exercise	Total: 90 min over 3 days

Energy Balance Info
Click on food or exercise calories to view its details.

Date	Calorie calculation for			Macronutrient caloric distribution			
	Food (In)	Exercise (Out)	In - Out	CHO	Protein	Fat	
01/09/09	1,377 kcal	9 kcal	1,377 kcal	-123 kcal	30% (106g)	26% (86g)	44% (71g)
01/05/09	1,560 kcal	159 kcal	1,401 kcal	-99 kcal	56% (224g)	22% (86g)	22% (38g)

Member Management: Monitor Individual's Diet Progress

By clicking on the food or exercise calories for a particular day under Diet Progress, you can view the specific details of your individual member's logs.

Member list > View: **Smith, Jessica**

View member's diet progress, health logs, point history, and general information in detail by clicking each tab.

Type	Premium (PPE)	Start date	04/22/2007
Name	Smith, Jessica	ID	164340407
Age / Gender	24 / Female	Height	5 foot 6 inch

Health logs | Point history | General info

Weight Progress & Diet Plan Settings

Start weight	116 lbs (BMI = 24.2, Normal Weight)	Goal weight	110 lbs (BMI = 23.6, Underweight)
Current weight	116 lbs (BMI = 24.2, Normal Weight)	Weight change	-24 lbs since 04/22/2007
Activity level	Light	Disease status	<Diabetic>
Diet preferences	<No dairy product>	Support options	<General newsletter ><Show diet progress>

Summary

Daily food intake: 1,051 Kcalories (Avg based on 6 days of logging)

Exercise: 100 min over 6 days

Calorie budget: 1,400 kcal (based on weight loss goal of 4.0 lbs/month)

Energy Balance Info (Click on food or exercise calories for more details)

Date	Food (kcal)	Exercise (kcal)	Net (kcal)	Energy balance	CHO	Protein	Fat
04/22/08	454 kcal	0 kcal	454 kcal	912 kcal	59% (13g)	4% (16g)	37% (20g)
05/21/08	656 kcal	372 kcal	284 kcal	-208 kcal	87% (14g)	8% (13g)	5% (1g)
02/28/08	322 kcal	562 kcal	-240 kcal	-437 kcal	56% (47g)	23% (14g)	22% (7g)
02/16/08	436 kcal	0 kcal	436 kcal	-204 kcal	56% (27g)	7% (1g)	37% (1g)

Food Intake Report

Date: 02/06/2008

Meal	Food	Amount	Food Intake Calories			Macronutrient Caloric Distribution			
			Kcal	Total kcal	Kcal%	CHO	Protein	Fat	
Breakfast	Kashi (cereals), OatLean	1 cup	151	610	100%	56% (92g)	26% (42g)	18% (12g)	
	Oatmeal, Quick Oats - Cooked	1 cup	145						
	White milk, 1% Low-Fat	1 cup	102						
	Zone, Chocolate Mint	1 each	210						
Lunch	No entries found								
Dinner	No entries found								
Snack	No entries found								
Total			618	100%	56% (92g)	26% (42g)	18% (12g)		

Health Logs

You may also monitor your members Health Logs if they need to be concerned about their Blood Sugar, Cholesterol, or Blood Pressure.

Diet progress | **Health logs** | Point history | General info

History of Health Indicator Readings (Entries will be found when user's "Health Log" is set up and data were entered in the Diet Manager.)

All | 2008

Date	Blood Sugar		
	Meal time	Before	After
No entries found.			

All

Date	Blood Cholesterol		
	LDL	HDL	Total
11/15/07	120	48	176
11/13/07	90	55	130
11/12/07	90	55	130
11/11/07	90	0	0
11/10/07	90	0	120
11/09/07	90	55	120
11/08/07	110	55	130

All

Date	Blood Pressure	
	Systolic	Diastolic
11/15/07	120	89
11/13/07	110	67
10/04/07	123	123
09/22/07	120	90
07/26/07	145	93
07/17/07	130	78
07/03/07	135	81

Member's General Information & Advice

You can access your members' contact information along with an area to post comments about their progress for your own personal log or for other staff members you give access to the Admin pages. You can also send your group members individualized advice or messages. Any replies from your individuals will be posted here. A reply will be indicated next to the members name on your member management list with an icon (⚠).

Write advice to your group member or add comments about your individual's progress to keep on record. Your advice will be posted to individual's Advice section at the Diet Manager.

Diet progress | Health logs | **Info & Advice** | Summary

User Information & Advice

View user's information, send your personal advice, or make a note about user or communications.

Birth Date	January 28, 1984	E-mail	info@nutriinfo.com
Phone	-	Mobile	-
Group ID	1	Address	48188

Advice to the individual (Your advice will be posted at user's Advice section and email notification will be sent.)
 Note for you (You may select other dates to make notes about the individual : 01/19/2009)

Enter your advice or note

Save

Date	Advice or notes	Content type	Posted by	Replies/Questions from client	Delete
01/11/09	testing advice for takeatour from testadmin1 admin page.	Advice	testadmin1		
01/09/09	test	Note for the staff	testadmin1		
01/05/09	This is a test for "Advice" and "Reply".	Advice	testadmin1	Thanks a lot. Received the advice.	
01/05/09	Great job in 2008!	Advice	testadmin1	thanks!	

Member Management: Sending Email from Admin Page

You can send individual or bulk email to any members in your group.

1. Click here to automatically select all of the members in your group to send an email.
2. Select one or more persons from this list to send an email.
3. Click on the E-mail icon and a popup window will appear. Type your subject and the message contents. You do not need to write "Dear ___," Your email will be individualized for each member.
4. Your signature is shown at the bottom. You may modify and save it.
5. Your users will receive emails in the individualized format (Your logo will be placed on the email when licensing the program).

Your Company Logo testadmin1 | Total Members : 5 Web admin: testadmin1 [Logout](#)

Member Management
Group Management
Content Management
Help Center

Member list : [Diet winner list](#)

Member list

View diet progress of members. You may search members by categories shown below. Check on the box(es) on the left to select member(s), and click an icon on the right to back-up members' info, send email, or delete members. Click name of the member to view member's progress in detail. Select a member and click on to assign the member to your staff. When questions or replies are posted, an alert icon will be posted next to user's name. Click on the icon to view questions or replies from your individuals.

ID Name Gender Login Points Weight loss Exercise

Name (Search by first name or last name):

Select "All" users Select a person or more people 3.

Month: == Year: == • Group Wt Change: 10 lbs • Group Ex. Time: 0 Min 50

No	Start date	ID	Name	Age	G	Login (days)	Points	Act level	Ht ft.in	Weight (Wt)			Exercise			Calorie budget	Dis	NL	Staff	
									S	C	WC	G	T	D						
<input type="checkbox"/>	6	12/16/08	Lisa75	Thomas,Lisa	33	F	2	4	M	5.6	160	160	0	140	0	0	1900		H/G	Sarah23
<input type="checkbox"/>	3	12/16/08	James06	Anderson,James	40	M	2	1004	M	5.11	210	200	-10	195	0	0	2600		H/G	
<input type="checkbox"/>	4	12/16/08	Mary50	Williams,Mary	50	F	1	2	L	5.1	155	155	0	140	0	0	1600		H/G	
<input type="checkbox"/>	3	12/16/08	Ashley24	Smith,Ashley	27	F	1	2	S	5.2	155									
<input type="checkbox"/>	2	04/28/08	testadmin1	Smith,Jennifer	39	F	84	168	L	5.8	200									
<input type="checkbox"/>	1	04/20/07	takeatour*	Smith,Jessica	24	F	202	19339	L	5.6	150									

Send e-mail to your member(s)

Individual's first name will be displayed on the email, so please do not write the name in email content section. This is a great way of personalization especially when sending out your bulk email.

Subject: Meeting
 Don't forget we are meeting next Friday at 3:00pm.

e-mail content

Signature: Jennifer Smith
 Nutriinfo.com
 dietmanager@gmail.com

Save my signature

5. Your email Sample

Your company logo will be shown in the emails when you're licensing the program

Member Management: Individual Summary

When you click on an individual from you member list, you will be able to view a summary for that member. You can view how much weight was lost each month, how much time was spent exercising, and site use activities. This is a great way to get a quick look at how your individual is doing with their progress. Users will be rewarded with points based on their diet progress and site usage. The points also work well if you want to provide some type of incentives for your group members.


Your Company Logo testadmin1 | Total Members : 5 [Logout](#)

Member Management
Group Management
Content Management
Help Center

[Member list](#) : [Diet winner list](#)

Member list > View: **Smith, Jessica**

View member's diet progress, health logs, and point history in detail by clicking each tab. View your member's general information and provide your personal advice to the user by clicking "Info & Advice" tab below. Click on the icon located next to user's name to send an email.

Type	Premium (PM)	Start date	April 20, 2007
Name	Smith, Jessica 	ID	takeatour
Age / Gender	24 / Female	Height	5 foot 6 inch

Diet progress
Health logs
Info & Advice
Summary
2008

Summary of Diet Progress and Activities

Below shows user's diet activities. Points are calculated based on user's diet activities and information about the points are provided below.

Month	Weight Loss (lbs)	Exercise		Login Activity (days)	Message Postings	Total Points
		Logging days (total)	Total time (min)			
December	-3	6	365	12	0	537
November	0	1	70	4	0	48
October	30	1	60	6	0	47
September	0	0	0	6	0	12
August	0	0	0	9	0	18
July	0	0	0	9	0	18
June	0	0	0	14	0	28
May	4	4	190	15	0	143
April	0	0	0	11	0	22
March	-1	1	88	5	0	160
February	-38	1	80	18	0	3881
January	15	4	190	15	0	141
Total	7.0	18	1043	124	0	5055

Group Management: Overview

View general information about your group.

1. The Activation Code used for Free subscription of Diet Manager through licensing.
2. Group ID Number: If you're not licensing the program, but would like to provide your members benefits, give them your **Group ID Number** for 15 % discounts of the program membership. You can also monitor their progress on your Admin page.
3. Upload your company logo to personalize the program for your members.
4. Modify your group's information.

Your logo will appear in Admin page as well as Diet Manager sections

Group Info > View
Your group's information is provided below. Group administrators have **unlimited free access** to Admin page. Provide the activation code (**DM345**) to your members to have them sign up for their one month free trials. Click on to modify your group's information or upload your company's logo. The logo will be placed on the upper left corner of the admin and Diet Manager pages.

• **Informaiton**

Category	Company	Organization Name	Nutriinfo Trial Group
Registration Date	August 12, 2008	ID	Nutritrial
Users / Counts	1 / 100 (1% registration)	Subscription	Free trial (Expires on 11/12/08)
Staff Name	Mia Jang	Phone Number	248-679-5321
e-mail	info@nutriinfo.com	Address	39555 Orchard Hill Place, Suite 505
Note	null		

1. [Note field]

2. **Activation Code: DM345** (Used for free subscription to the Diet Manager: free trial or licensing groups)
Group ID Number: 345 (Used for identifying individuals as your group when they purchase a subscription for Diet Manager. Please see the note below.)

• **Registered Member List**

No	Member Name	Member ID	Start Date
1	Jang, Mia	Nutritrial	08/12/2008

Not ready to license Diet Manager yet?
If you'd like to continu using Diet Manager & Admin page for your members' health management, provide them with the **Group ID Number (345)**. Your members will purchase Diet Manager subscription themselves, but this Group ID Number will allow them to be identified and veivable as your group at the Admin page.

List [First] 1 [Last]

Your members can enter the **Activation Code** on our home page to sign up for Diet Manager FREE.

TAKE CONTROL OF YOUR HEALTH
Self monitoring of weight, food intake, and exercise is a key to your weight loss success. Monitor your weight and diet progress online, anywhere, and start reaping your health now!

Take A Tour Sign Up Now! Send Gift of Good Health!

Diet Manager
Technology and You
Community
Group Programs
Group Licensing

Diet Manager A Path to Your Lifetime Health
Members Login: Member ID: [_____] Password: [_____] [Forgot your ID?]

Web Sites: "You are not a member yet?" Click here to access Diet Manager subscription.
To sign up Free To Diet Manager enter your activation code below: Activation code: [_____] [Go]

For Group Administrators
Diet Manager is the perfect solution for organizations and health care professionals. Help your members achieve optimal health and save on health care costs.
Click here to learn to use Diet Manager. Thank you email to a Diet Manager.

Group Management: Add Staff

You can add your staff members to efficiently manage your group individuals. After registering your staff, you can then set their permissions to different admin functions. For example, you may allow your staff for accessing to Content Management section only. An automatic email will be sent out to the staff with their ID and Password.

Staff list

Please view staff information. Search staff by category, ID, name, and status. Click on ID to view the information in detail. Add the staff by clicking on icon. To send email, select the staff and click on icon. You may change the status of staff by clicking on or .

Department Name: ID: Staff Name: Staff Status:

Department Name: -All- Search View all

Total Number of Staff : 1

No	Department Name	ID	Staff Name	Start Date	Staff Status
1	admin	sherryward	Sherry Ward	04/15/2008	Active

Staff list > Registration

Please enter the information below to register the staff.

Department	<input type="text"/>
ID	<input type="text"/> (Enter 6~12 alphabetic and/or numeric characters.)
Password	<input type="text"/> (Enter 6~12 alphabetic and/or numeric characters.)
Retype your Password	<input type="text"/>
Staff Name	First name: <input type="text"/> Last name: <input type="text"/>
Phone	<input type="text"/>
Email	<input type="text"/>
Address	<input type="text"/>
Note	<input type="text"/>

> Admin menu settings

Below shows menus of the Administration Control Panel. Please check in the boxes next to the menus to set permissions for your staff. Click "Save & email" button to send the admin access information (admin link, ID, and password) to your staff.

Navigation menus for teststaff4		
Member Management	Member list	<input type="checkbox"/>
	Diet winner list	<input type="checkbox"/>
Group Management	Group Info	<input type="checkbox"/>
	Staff list	<input type="checkbox"/>
	License the program	<input type="checkbox"/>
	Billing statement	<input type="checkbox"/>
Content Management	Health Resources	<input checked="" type="checkbox"/>
	Events	<input checked="" type="checkbox"/>
	Diet FAQ	<input checked="" type="checkbox"/>
	Ask Experts	<input checked="" type="checkbox"/>
	Recipes	<input checked="" type="checkbox"/>
Tools		<input type="checkbox"/>
Help Center	Tech support or feature suggestions	<input type="checkbox"/>
	Manuals & FAQs	<input type="checkbox"/>

Permission settings for group staff

You may allow your staff to access to "Content Management" section only. An automatic email will be sent out to your group staff.

Content Management

View and contribute to what your group sees in Diet Manager on the Resources and Community sections.

Health Resources Board for Contents on Diet Manager

Nutriinfo provides up-to-date nutrition, health, and fitness contents to your individuals. However, you may write and post health resource information for your members to view on their Diet Manager **Resources** section. Only your members will view what you post under Health Resources, not the entire Nutriinfo site users.

Health Resources
 Contents posted on this board will be added at the "Resources" section of the Diet Manager. The contents posted by other organization staff will be viewed by their members only. Click on "Write" to add contents. Click on title to view or modify contents. Check in the box(es) on the left to delete contents.

No	Title	Newsletter Types				Date
		Nutrition/Fitness	Diabetes	Heart disease	Hypertension	
<input type="checkbox"/>	The many roles of Fiber	Y	N	N	N	april 15, 2008
<input type="checkbox"/>	Getting Back on Track	Y	N	N	N	april 01, 2008
<input type="checkbox"/>	Serving Sizes	Y	N	N	N	march 18, 2008

Content Type
 Nutrition / Fitness Diabetes Heart disease Hypertension

Contents

Enter contents and save--> Contents will be posted in Resources section of Diet Manager.

Check categories for contents that will be posted to individuals with corresponding diseases. (Nutrition/Fitness is for everyone)

Resources

Check up-to-date nutrition and fitness information as well as health topics customized to meet your specific health needs. You can sort contents by year or health topics. Click on the title to read the article. To communicate with our nutrition and fitness experts or other members, click on the "Community" tab of the main menu. To accomplish your weight loss goal, stay motivated and develop a healthy lifestyle!

Year: 2008

- The many roles of Fiber (04/15/08)
- Getting Back on Track (04/01/08)
- Serving Sizes (03/18/08)
- Why choose colorful fruits and... (03/11/08)
- Iron-rich food (03/06/08)
- When do sports drinks work best... (02/28/08)
- Exercise intensity: Lower or h... (02/19/08)
- Calcium amounts in food (02/11/08)
- Health Benefits of Chocolate (02/04/08)
- High calorie-burning winter ac... (01/28/08)
- The importance of breakfast (01/21/08)
- Keep your resolution while eat... (01/14/08)
- Diet Tips II (01/08/08)
- Timing your meals for weight l... (01/02/08)

The many roles of Fiber

The American Dietetic Association recommends a minimum of 20-35 g of fiber/day for a healthy adult depending on caloric intake, or 14 grams of fiber for every 1,000 calories of food. Studies show that fiber reduces the risk of developing various conditions, including heart disease, diabetes, diverticular disease, and constipation. Fiber is great for weight loss because it keeps you feeling satiated for a longer period of time and it does not contain any calories.

The following foods are great sources of fiber and should be included in a healthy diet. Be sure to check the ingredient list on the bread products that you purchase. Whole wheat flour should be the first ingredient on the list. If the bread product is truly made of whole grains, the Nutrition Facts label should show at least 3 grams of fiber per 100 calories. Are you eating enough fiber each day? If not, try adding some of these foods to your regular diet.

Fiber content of common foods:
 Apple (raw), 1 small = 3.0 grams
 Baked Beans in sauce, 1 cup = 16.0 grams
 Banana, 1 medium = 3.0 grams
 Beans, kidney, 1/2 cup = 9.7 grams
 Bread, whole wheat, 2 slices = 6.0 grams
 Broccoli, fresh cooked, 1/4 cup = 7.0 grams
 Cereal, All Bran, 1/2 cups = 10.0 grams

When saved, users will view contents through Diet Manager

Content Management: Events Board

You may post any events you wish for you group members to see, or events for all Nutriinfo.com users to see. When you post a new event you have the option of keeping that event private for your members only, or you may mark that event as public for users at Nutriinfo.com. This is a great way to stay involved with your group members and advertise your group's events for other members to see.

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 [Recipes](#)

Events

Contents posted on this board will be added to the [Community>Events](#) board at Nutriinfo.com. You may add contents for general public to promote your events or for your members only. Click on "Write" to add an event. View the contents on this board by clicking on the topic. Check in the box(es) on the left and click on "Delete" button to delete contents. To view the events you posted, [click here](#) (the events for the public will be listed, and events for your members will be viewed by your members only when they login).

Category State All Search / 50

<input type="checkbox"/>	Category	State	Topic	Event Dates	Read
<input type="checkbox"/>	Community	MI	test <input type="button" value="DONE"/>	Nov 24, 2008 ~ Nov 27, 2008	5
<input type="checkbox"/>	Weight loss camps	MI	test <input type="button" value="DONE"/>	May 3, 2008 ~ May 3, 2008	0

[First] 1 [Last]

Events > Write

Select category, State, and event type, either public or private, for the event. When the "private" is selected, contents will be seen by your members only when they log in.

You may post events for your members only or for the public by selecting the content type.

Category	<input type="text"/>
State	<input type="text"/>
Topic	<input type="text"/>
Content Type	<input type="text"/> (Select "Public" for general events or "Private" for your members only)
Event Dates	<input type="text"/> ~ <input type="text"/> Format : 2007-07-30 (Year-Month-Day)
Contents	<div style="border: 1px solid #ccc; height: 150px;"></div>

Help Center

In the Help Center, you can get Tech Support by posting questions to Nutriinfo. After you post any questions or comments, Nutriinfo will reply to your request via this board. Also, please post your suggestions and comments to better serve your needs. Nutriinfo will post program manuals on the Manuals & FAQ board to give you more information about using the program. FAQs will also be posted under this board as well.

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Member Management Group Management Content Management **Help Center**

▶ **Tech support or feature suggestions** : [Manuals & FAQs](#)

Tech support or feature suggestions

If you need any tech support while using the program, please post your message here. You may view other questions and answers before you post yours. If you wish to have any feature included in the Diet Manager or your Admin page, please let us know. We'll work on suggested features to meet your specific needs.

All [v] [] Search / 50 [v] [Write](#) [Delete](#)

<input type="checkbox"/>	No	Topic	File	Date
No entries found.				

[Write](#) [Delete](#)

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Member Management Group Management Content Management **Help Center**

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Manuals & FAQs

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All [v] [] Search / 50 [v] [Write](#) [Delete](#)

<input type="checkbox"/>	No	Topic	File	Date
<input type="checkbox"/>	3	Health_eTools		Dec 2, 2008
<input type="checkbox"/>	2	Diet Manager Admin Manual		Dec 2, 2008
<input type="checkbox"/>	1	Diet Manager Manual		Dec 2, 2008

[First] **1** [Last]

[Write](#) [Delete](#)

Contact Information

If you have any questions regarding our products or program use, contact us via email or phone.

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