

My Nutriinfo MANUAL

Nutriinfo.com

Nutriinfo.com offers unique, customizable online weight and health management solutions to individuals to help them achieve their health and fitness goals.

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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.

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.



The screenshot displays the Nutriinfo website interface for a user named Jessica. The top navigation bar includes links for Diet Manager, My Account, eTools, Community, and Help Center. The main content area is titled "Summary of my goals and progress" and features a sidebar with user information and a "Health Tips" section. The main content area includes sections for "My health profile", "My Goal", and "Monthly summary of progress and site usage".

Header: Nutriinfo Dedicated to your health (Go to your admin page) [Logout](#)

Navigation: [Diet Manager](#) [My Account](#) [eTools](#) [Community](#) [Help Center](#)

User Profile: 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.

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: 116.6 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

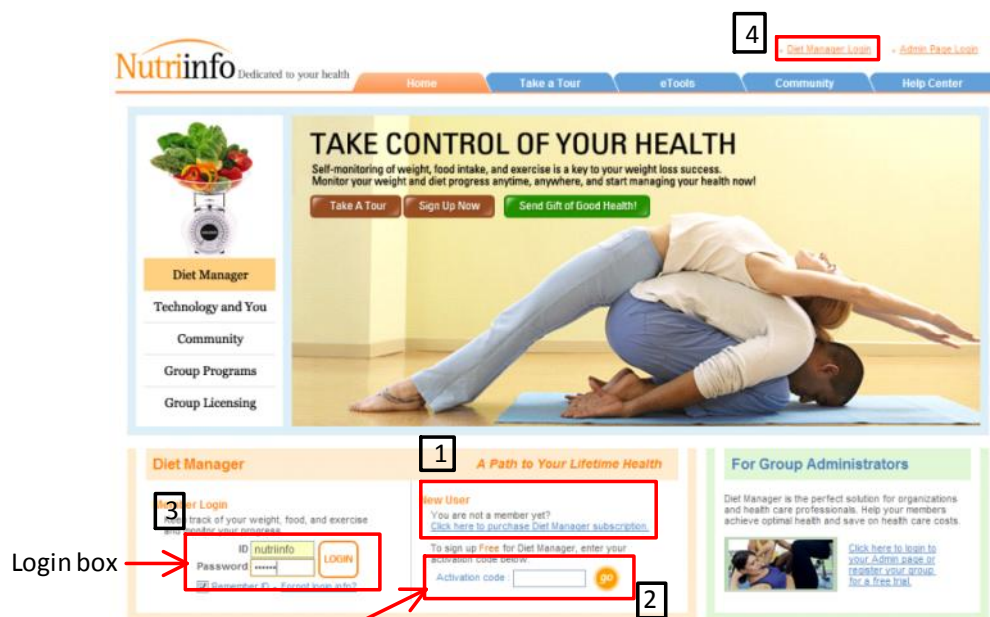
My Goal:
 • My goal weight: 110 lbs
 • Monthly weight loss goal: 4.0 lbs
 • Exercise goal: 3 days / week

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

Join & Login

Individuals can join or login from Nutriinfo.com.

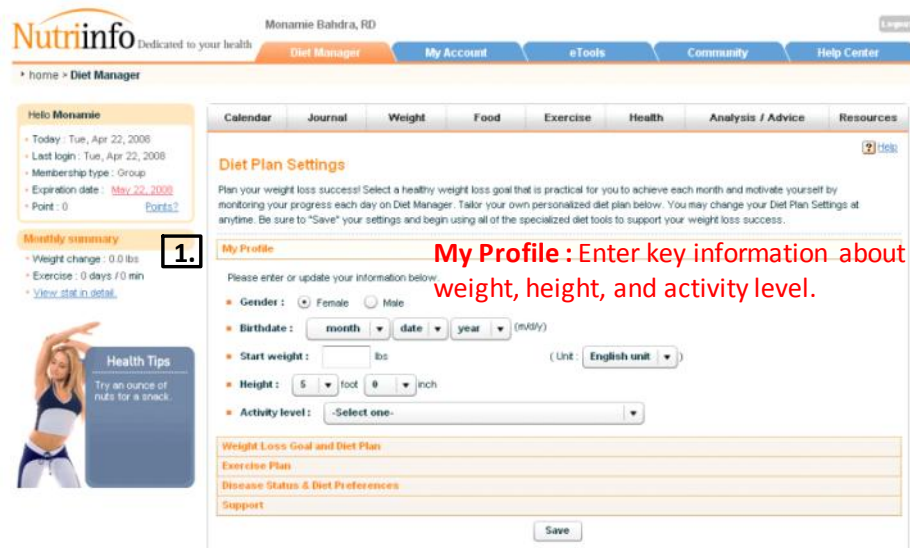
1. To join, click on New User to purchase Diet Manger
2. If you have been given an Activation code, enter your code here to join for free
3. If already a member, enter your ID and Password to login
4. Click on Login



Individuals enter an **Activation Code** to sign up for Diet Manager **FREE** if this was given to them by their dietitian or health provider.

Diet Plan Settings

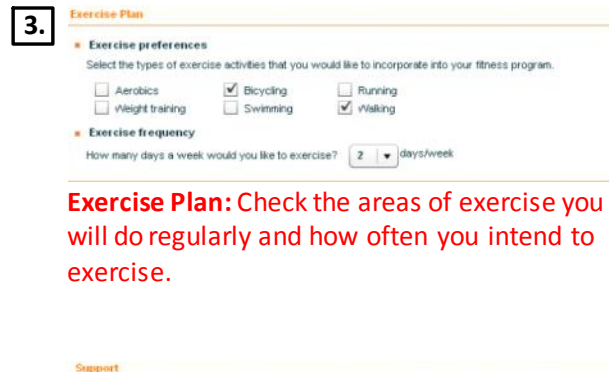
When you login to My Nutriinfo for the first time, you will be asked to set your goals at the **Diet Plan Settings** page, which is a simple 5 step process to get you started. Once your plan is set, analysis and advice will be provided based on your profile and logged information.



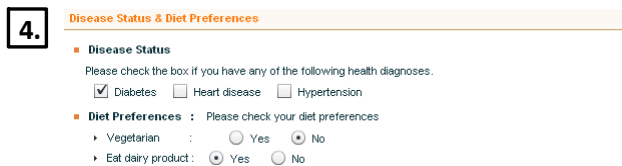
1. My Profile: Enter key information about your age, weight, height, and activity level.



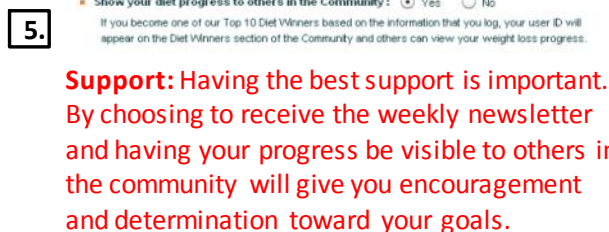
2. Weight Loss Goal and Diet Plan: Set your goal and advice will be based on your goals.



3. Exercise Plan: Check the areas of exercise you will do regularly and how often you intend to exercise.



4. Disease Status and Diet Preferences: Select an area of health concern if you have any and choose your type of diet.



5. Support: Having the best support is important. By choosing to receive the weekly newsletter and having your progress be visible to others in the community will give you encouragement and determination toward your goals.

Summary of My Goals and Progress

1. The Summary page is the first page you see when you login from now on.
2. You may review and modify parts of your **Diet Plan Settings** at anytime.
3. We offer helpful **Health Tips** that vary depending on the time of day rotating every 3 hours.

2. Diet Plan Settings

1. Summary of my goals and progress

3. Health Tips

Diet Manager: Calendar

1. Click on the Calendar tab for a quick glance at your entries for the month.
2. Areas highlighted in green indicate 2 or more entries for that day.

1. Calendar

2.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4 140 1,264 30	5 139 1,795 40	6 1,291 800	7 1,391 802	8
9	10 1,391 73	11 1,627 35	12 137 1,265 94	13	14	15
16	17	18	19 275 40	20	21	22
23	24	25	26	27	28	29
30	31					

Weight

Monitor your daily weight history for each month. Log in your weight everyday and get a Body Mass Index (BMI) calculation and your body type analysis.

Click on Add to enter your weight and circumference changes as you work toward your goal.

Weight history | Chart

Enter your weight as well as waist and hip measurements by clicking on "Add." Select the month and year you would like to view by using the drop-down menu or select "All" to see all the entries in the year. Click on the weight to edit any information. It is recommended that you enter your weight at least twice a week to stay focused on your weight loss goals. Please click on "Chart" to see your weights plotted out on a daily basis as well as a monthly basis.

Legend: Underweight (blue), Normal weight (green), Overweight (orange), Obese (red)

My start weight: 150.0 lbs | September 2007 | **Add**

Date	Weight	Circumference		BMI	Body type	Delete
		Waist	Hip			
09/25	154 lbs	31 inch	32 inch	24.9	Normal weight	[Delete]
09/22	159 lbs	30 inch	32 inch	25.7	Overweight	[Delete]
		2 inch	2 inch	26.4	Overweight	[Delete]
				26.4	Overweight	[Delete]
				32.3	Obese	[Delete]
			NA		NA	[Delete]

Add your weight [Close]

April 23 2008

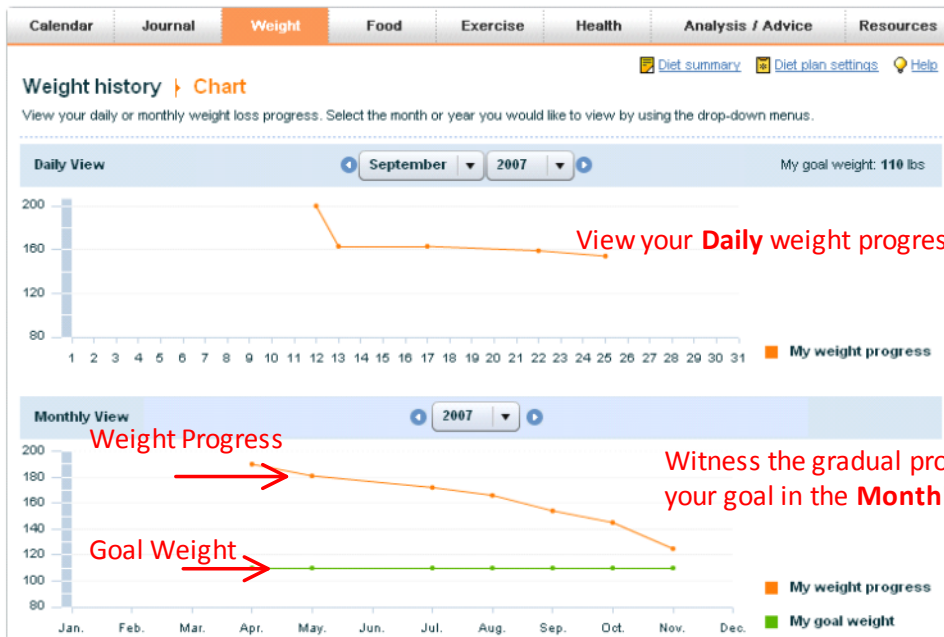
Weight: [] lbs | Waist circumference: [] inch | Hip circumference: [] inch

Note: Enter weight only if you don't know your waist or hip circumference.

[Save] [Cancel]

After you enter you weight plus waist and hip circumferences, your weight status (BMI) and Body Type info will be provided.

View and keep track of your weight progress easily in the **Chart** format.



Food: Intake Overview

The Food log system is simple and easy to use. You may enter all foods and view calorie calculation results in one screen, allowing your simple monitoring. Log your food intake daily to calculate and monitor your calories consumed.

1. To enter food data, click on "Log Your Food."
2. To edit data or add more food to an already entered day click on the edit icon under modify. A pop up window will appear for your modification. You may also view your entries in detail by clicking on a total calorie amount.
3. Keep track of your daily water intake by checking a box for each cup or 8 oz glass of water consumed. View Summary will show a monthly summary of your water intake.

3. My daily water intake: [View summary](#)
 (Note: Each box represents 1 cup or 8 oz of water)

Food log summary: You have entered your food intake for 3 days this month, and your average daily intake is 1,002 Kcal each day.
 Under daily caloric needs My daily caloric needs Over daily calorie needs

Average daily intake 1,002 Kcal. January 2009 [Log your food](#)

Date	Breakfast	Lunch	Dinner	Snack	Total	Modify
1/09	Egg - whites, ... (1) Egg - whole,Ch... (1) Salsa,Tomato S... (0.33) 109 Kcal	Salad, greens,... (2) Toppings,Olives (1) Feta/blue/roqu... (1.5) Condiments,Bac... (1) Chicken-Breast... (3) Sides,Homestyl... (1) Vinaigrette dr... (1.5) 487 Kcal	Chicken-Breast... (1) Corn bread, St... (0.66) Vinaigrette dr... (1) Salad, greens,... (2) White milk, No... (2) 613 Kcal	Apples,Fresh w... (1) Cookies,Chocol... (1.66) 168 Kcal	1377 Kcal	
1/05	Grain (2) Fruits (1) Milk (1) 330 Kcal	Grain (2) Vegetables (3) Fruits (1) Meat & Beans (2) 405 Kcal	Grain (2) Vegetables (4) Milk (1) Meat & Beans (3) Fats (1) 580 Kcal	Grain (1) Fruits (2) Fats (1) 245 Kcal	1560 Kcal	
1/03	Beans, Fresh, ... (1) 70 Kcal	Enter food data	Enter food data	Enter food data	70 Kcal	

1. Log Your Food

2. View your entry in detail

2. Edit or delete food entry

You may view your food intake in month or year view.

Your caloric intakes are color-coded for your easy monitoring.

Food: Logging

1. Search or Browse for your food items in the column of food group category.
2. As you select your food types in Detail A column, specific food items will appear in Detail B.
3. If selected food is a typical food you eat, save it to "My favorite" by clicking on the star icon for quick entries in the future.
4. Enter serving amount. As you enter the amounts, you'll see your food analysis results.
5. You may drag-and-drop your food to different meals if entry was not done correctly.

1. Food log popup

The screenshot shows the 'Food log popup' window. On the left is a 'Quick Logging' sidebar with a 'Search or Browse food' field and a 'My favorites' section. The main area is divided into 'Detail A' and 'Detail B'. 'Detail A' lists food categories like 'Chicken-Roasting/Stewing' and 'Turkey-All Classes'. 'Detail B' shows specific items like 'Leg - Roasted (Meat & Skin)'. Below these is a 'Select the amount of the food' section with a serving amount input (set to 4 oz) and an 'Add to my favorites' button with a star icon. On the right, the 'Food log results' section shows a summary of the day's intake (1,022 Kcal) and a list of meals with their respective items and calories. A 'Save' button is located at the bottom right of the popup.

Selection and calculation of foods are done in one screen for easy logging and view.

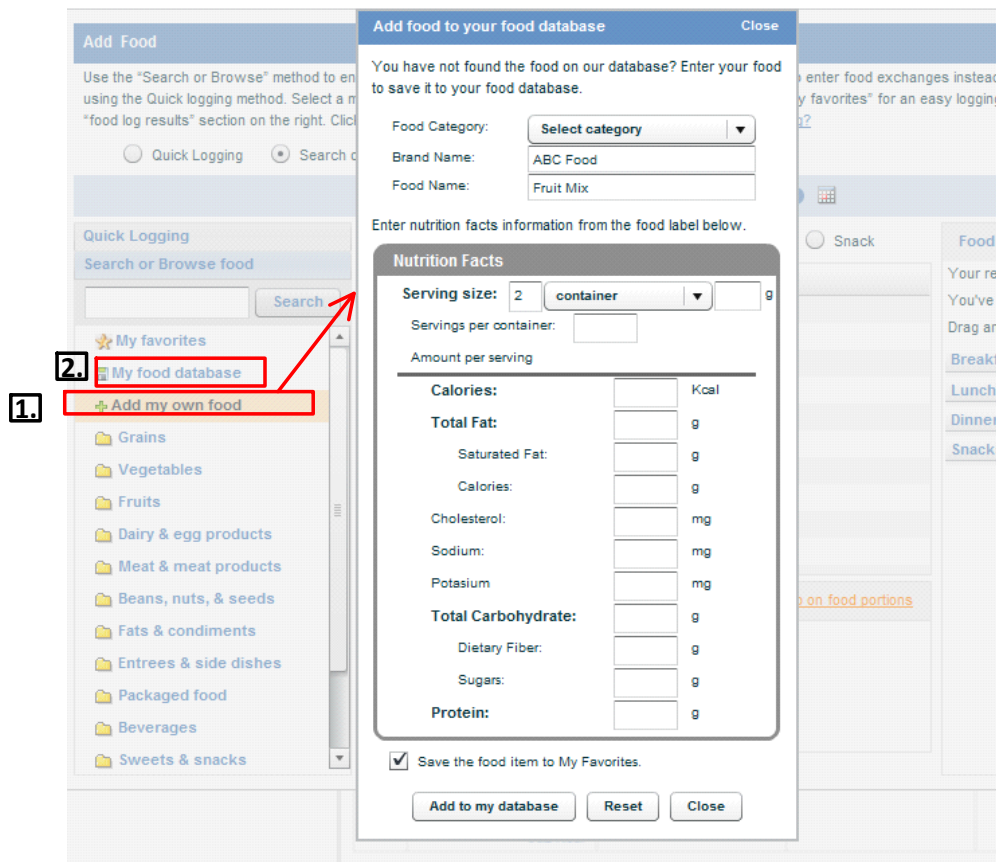
The screenshot shows the 'Food log results' page. It features a table of meals with columns for Meal, Food/Amount, Kcal, Carb (%), Protein (%), and Fat (%). The table lists meals for Breakfast, Lunch, and Dinner, with a total of 1,377 Kcal. To the right of the table are two pie charts: 'Your pattern' and 'Recommended pattern'. The 'Your pattern' pie chart shows a distribution of 38% Carb, 26% Protein, and 44% Fat. The 'Recommended pattern' pie chart shows a distribution of 49% Carb, 26% Protein, and 25% Fat. Below the pie charts is a section titled 'Info about macronutrient (carb, protein, and fat) Percentages:' which provides additional context on the importance of each nutrient.

Clicking Save will allow you to view all the foods entered with their calories, carb, protein, and fat content distribution. You can also see a recommended example of what this distribution should look like.

Food: Add Your Own Food

You may add your own food when you can't find food items you're looking for.

1. Simply click on "Add my own food" on the left of your food log page and a pop-up window will appear. Enter the information on your food label. When saving, your food items will be saved to "My food database". You may also save the item to your favorites as well.
2. When logging next time, you can find the food from "My food database".



Food: Quick Logging

Another option for entering your food is Quick Logging. You may finish food logging in a snap.

1. Click on "Quick Logging" to enter your food based on the number of exchanges you had per food group.
 2. Move the arrows up or down to enter the number of exchanges you had in each food group.
- Note: You cannot Quick Log and use the Search Browse Food option for the same day.

1. Quick Logging

Enter amounts of exchanges at each meal. View food examples and specific serving sizes of many food items for each exchange group by clicking on the [DETAIL](#) icon.

Food group	Calories / Example of exchange	Amount of exchange at each meal			
		B	L	D	S
Grains	80 DETAIL	2	1	2	0
Vegetables	25 DETAIL	0	2	2	0
Fruits	60 DETAIL	1	0	0	2
Milk	110 DETAIL	0	0	0	1
Meats & Beans	55 DETAIL	1	2	3	1
Fats	45 DETAIL	1	1	2	1

Info: B: Breakfast / L: Lunch / D: Dinner / S: Snack

2. Save

Food log results
You've eaten a total of 1,400 Kcal today.
Drag and drop to move food items to a different meal.

Breakfast 329 Kcal

Grain	2	160 Kcal
Fruits	1	60 Kcal
Meat & Beans	1	55 Kcal

Lunch 285 Kcal

Grain	1	80 Kcal
Vegetables	2	50 Kcal
Meat & Beans	2	110 Kcal

Dinner 465 Kcal

Grain	2	160 Kcal
Vegetables	2	50 Kcal
Meat & Beans	3	165 Kcal

Snacks 330 Kcal

Fruits	2	120 Kcal
Milk	1	110 Kcal

After entering your food and clicking Save, you will view a summary of results in table and pie chart format.

1. The results show your food items with calorie analysis.
2. The pie charts on the right gives an analysis of your overall food intake caloric distribution of carbohydrates, protein, and fat in percentage.

1. Today's food
View today's food. You've eaten 1,400 Kcal today.

Meal	Food	Amount	Kcal	Kcal % at each meal
Breakfast	Grain	2	160 Kcal	23
	Fruits	1	60 Kcal	
	Meat & Beans	1	55 Kcal	
	Fats	1	45 Kcal	
Lunch	Grain	1	80 Kcal	20
	Vegetables	2	50 Kcal	
	Meat & Beans	2	110 Kcal	
	Fats	1	45 Kcal	
Dinner	Grain	2	160 Kcal	33
	Vegetables	2	50 Kcal	
	Meat & Beans	3	165 Kcal	
	Fats	2	90 Kcal	
Snack	Fruits	2	120 Kcal	24
	Milk	1	110 Kcal	
	Meat & Beans	1	55 Kcal	
	Fats	1	45 Kcal	
Total 1,400 Kcal (100%)				

Target calorie intake % at each meal: Breakfast-20%, Lunch-30%, Dinner-30%, Snack-20%

2. Calorie analysis for carbohydrate, protein, and fat
This chart shows your caloric distribution of carbohydrate, protein, and fat.

Your pattern

Carb	43%
Pro	23%
Fat	34%

Recommended pattern

Carb	46%
Pro	23%
Fat	29%

Food: Menu Plan > Sample Menu

Under the Menu Plan section, you can select sample menus to see detailed recommended menu plans for the entire day based on your calorie budget.

1. You can either choose the simple menu for a menu plan with food items.
2. Or you can choose the food exchange menu for a menu plan with food groups.

Sample menus | Build your own menu

Sample menus will provide ideas on food amounts to achieve your daily food intake calorie goal. You may view different menu plans by selecting other sample menu types or food intake calorie plans.

• Sample menu type: **Simple Menu** **1.**

• Daily food intake calorie plan: **2400**

Meal	Food / Amount	Calories	Carb (g)	Protein (g)	Fat (g)
Breakfast	Blueberries, Fresh 1/2 cup	41	11	1	0
	Milk, Non-fat (Fat-free or Skim) 1 1/4 cup	106	15	10	0
	Egg beaters (or 1 egg + 2 egg whites) 1 cup	211	2	30	8
	Oatmeal, Instant Plain 1 1/2 cup, cooked	193	34	8	3
	Bananas, Fresh - medium (7") 1 each	105	27	1	0
	Pecans, Dry Roasted without salt 1/4 oz	50	1	1	5
	Subtotal		786	96 g	51 g
Lunch	Yogurt, Low-fat - Vanilla or Lemon 3/4 cup	156	25	9	2
	Nectarines, Fresh 1 1/2 cup, slices	99	24	2	1
	Chicken, Breast Meat - Roasted (Meat Only) 5 oz	234	0	44	5
	Bread, Dinner roll - Whole-wheat 2 roll	229	44	7	4
	Celery with peanut butter				
	Nut butters, Peanut - Creamy with salt 2/3 Tbsp	62	2	3	5
	Celery, Fresh 3/4 cup, chopped	11	2	1	0
Subtotal		791	97 g	66 g	17 g
Dinner	Rice, Brown - Medium Grain Cooked 1/2 cup	109	23	2	1
	Corn, White/Yellow - Frozen Cooked 2/3 cup	87	21	3	0
	Milk, Non-fat (Fat-free or Skim) 1 cup	85	12	8	0
	Cherries, Sweet - Fresh 3/4 cup, with pits	55	14	1	0
	Pork chop, Top Loin (Lean) - Boneless 5 oz	242	0	41	7
	Tossed Salad				
	French dressings, Reduced Fat 2 2/3 Tbsp	101	13	0	6
Cucumber, Fresh 1/4 cup	4	1	0	0	
Tomato, Red Ripe - Raw 1/4 cup	7	1	0	0	
Salad greens, Romaine or Cos Lettuce 1 1/2 cup, shredded	12	2	1	0	
Subtotal		782	87 g	56 g	14 g
Snack	Carrots, Baby - Raw 10 large	53	12	1	0
	Cottage cheese with peaches				
	Cottage cheese, Non-fat - Dry Large or... 3/4 cup	92	2	19	0
	Peaches, Canned - Juice Pack (Solids...) 1/2 cup	55	14	1	0
Subtotal		200	28 g	21 g	0 g
Total:		2,399 Kcal	302 g	194 g	47 g

Sample menus | Build your own menu

Recommended exchange amounts of food groups are shown below (B: Breakfast, L: Lunch, D: Dinner, and S: Snack). Click "View examples" to see food examples for each food group. You may view different menu plans by selecting other sample menu types or food intake calorie plans.

• Sample menu type: **Food Exchange Menu** **2.**

• Daily food intake calorie plan: **2400**

Food group	Calories/exchange	Examples	Amount of exchange at each meal				Total	Total calories
			B	L	D	S		
Grains	80	View examples	2	3	3	2	10	800 Kcal
Vegetables	25	View examples	0	3	3	0	6	150 Kcal
Fruits	60	View examples	2	2	0	2	6	360 Kcal
Milk	110	View examples	2	1	0	0	3	330 Kcal
Meats & Beans	55	View examples	2	2	3	0	7	385 Kcal
Fats	45	View examples	2	2	2	1	7	315 Kcal
Other discretionary calorie allowances							60 Kcal	

Food: Menu Plan > Build your Own Menu By Simple Menu

Based on your recommended simple menu, you may also develop your own diet plan using food items, not groups using the Build your Own Menu tool.

1. Select simple menu in the Build your Own Menu tab.
2. You may even change the calorie budget for the day or each meal.
3. Choose items from the recommended menu that you wish to change and you will see a popup box with substitutes.
4. Select the food item that you wish to change to.

Sample menu type: **Simple Menu** **1.**

Daily food intake calorie plan: 2400 **Save**

Meals: Breakfast **700** Lunch **800** Dinner **700** Snack **200** **Adjust the calorie budget for each meal**

Meal	Food / Amount	Calories	Carb (g)	Protein (g)	Fat (g)
3. Breakfast	Blueberries, Fresh 1/2 cup	41	11	1	0
	Milk, Non-fat (Fat-free or Skim) 1 1/4 cup	106	15	10	0
	Egg beaters (or 1 egg + 2 egg whites) 1 cup	72	2	11	8
	Oatmeal, Instant Plain 1 1/2 cup, cooked	193	34	8	3
	Bananas, Fresh - medium (7") 1 each	105	27	1	0
	Pecans, Dry Roasted without salt				
Lunch	Yogurt, Low-fat - Vanilla or Lemon				
	Nectarines, Fresh				
	Chicken, Breast Meat - Roasted (Meat Only)				
	Bread, Dinner roll - Whole-wheat 4. Click on food items to see substitutes				
Dinner	Celery with peanut butter				
	Nut butters, Peanut - Creamy with salt				
	Celery, Fresh				
	Rice, Brown - Medium Grain Cooked				
	Corn, White/Yellow - Frozen Cooked				
Snack	Milk, Non-fat (Fat-free or Skim) 1 cup	85	12	8	0
	Cherries, Sweet - Fresh 3/4 cup, with pits	55	14	1	0
	Pork chop, Top Loin (Lean) - Boneless 5 oz	242	0	41	7
	Tossed Salad				
Subtotal	French dressings, Reduced Fat 2 2/3 Tbsp	101	13	0	6
	Cucumber, Fresh 1/4 cup	4	1	0	0
	Tomato, Red Ripe - Raw 1/4 cup	7	1	0	0
	Salad greens, Romaine or Cos Lettuce 1 1/2 cup, shredded	12	2	1	0
Subtotal		702	87 g	56 g	14 g
Subtotal	Carrots, Baby - Raw 10 large	53	12	1	0
	Cottage cheese with peaches				
	Cottage cheese, Non-fat - Dry Large or S 3/4 cup	92	2	19	0
	Peaches, Canned - Juice Pack (Solids & 1/2 cup)	55	14	1	0
Subtotal		200	28 g	21 g	0 g
Total:		2,399 Kcal	302 g	194 g	47 g

Adjust the calorie budget for each meal

Click on food items to see substitutes

Click on a food item to add into your own menu plan.

Food substitute	Amount	Calories
Breads & bread sticks, Oat Bran	3 slice	201
Nature's Path (cereals), Optimum Slim	1 cup	180
Breads & bread sticks, Rye Reduced-Calorie	4 slice	187
Breads & bread sticks, Multigrain	2 1/2 slice	190
Kashi (cereals), GoLean Crunch	1 cup	200

Food: Menu Plan > Build your Own Menu by Food Exchange Plan Your Own Food Menu

Based on your recommended food exchanges, you may develop your own diet plan.

1. Adjust the settings to change the exchange of each meal
2. Click on "Save & generate my menu" to choose the types of food you intend to have based on the food exchange ratio you generated.
3. After saving, you can view the exchange list to see an overview of how many carbohydrates, protein, fat, and calories are in an exchange of each food group and to view a list of examples for a specific group.
4. Users may view exchanges by clicking on the "View Exchange Menu" button

Sample menus | Build your own menu

Change the sample menu type to build your own menu based on "Simple Menu" or "Food Exchange Menu" system. For food exchange menu, you may change exchange amounts of food group for each meal and click on "Save & generate my menu" to select food examples for your menu plan.

• Sample menu type: **Food Exchange Menu**

• Daily food intake calorie plan: **2400** Save **Save & generate my menu** Reset

Food group	Recommended exchange amounts	Amount of exchange at each meal				Exchange amounts selected	Comments	Total calories
		B	L	D	S			
Grains	10	2	2	2	1	7	Add more	560 Kcal
Vegetables	6	0	2	3	0	5	Add more	125 Kcal
Fruits	6	1	2	0	1	4	Add more	240 Kcal
Milk	3	2	1	0	0	3	Good	330 Kcal
Meats & Beans	7	2	2	3	0	7	Good	385 Kcal
Fats	7	1	1	2	1	5	Add more	225 Kcal
Other								535 Kcal
Total calories								2,400 Kcal

Calorie plan: 1,888 Kcal diet.

This is your menu plan with amounts of exchange groups you've planned. Please print the menu for your info. Click on "View exchange menu" button to view examples of each exchange group. Click on food group and its amount to view and add food lists of your choice to your menu.

3

Print Menu **View Exchange Menu**

Meal	Menu	Exchange menu - Grains (Lunch)
Breakfast	Grains - 1 Fruits - 1 Milk - 2 Meats & Beans - 2 Fats - 1	Bagel, 1/2 (1 oz) Baked beans, 1/3 cup Beans or peas, 1/2 cup Biscuit, 2 1/2 inch, 1 Bran cereals, 1/2 cup Bread sticks, 4X1/2 (LOW) in. 2 (2/3 oz) Bread-all types, 1 slices (1 oz) Bread-reduced calories, 2 slices (1.5 oz) Cereals-unsweetened, 3/4 cup Corn bread, 2 in. cube, 1 (2 oz) Corn on cob, medium, 1 (5 oz) Corn, 1/2 cup English muffin, 1/2 French-fried potatoes, 16-25 (3 oz) Hot dog or hamburger bun, 1/2 (1 oz)
Lunch	Grains - 2 Vegetables - 2 Fruits - 2 Milk - 1 Meats & Beans - 2 Fats - 1	
Dinner	Grains - 2 Vegetables - 3 Meats & Beans - 2 Fats - 2	
Snack	Grains - 1 Fruits - 1 Fats - 1	

Save Reset

4

Exchange list CLOSE

- Overview **Overview**
- Grains
- Vegetables
- Fruits
- Milk
- Meats & beans
- Fats

Foods in exchange lists are grouped together because they have similar amounts of nutrients - calories, carbohydrate, protein, fat, vitamins and minerals. A food item on the exchange list can be exchanged or substituted for any other food on the same exchange list. This provides you with variety in your meal, and can be used to simplify menu planning. Below is a chart that shows how many carbohydrates, protein, fat, and calories are in an exchange from each group, and recommended exchange amounts for each group on certain calorie diets (1,500 and 2,000 Kcal diet).

Exchange Group	Carb	Protein	Fat	Calories
Grains	15	3	0-1	80
Vegetables	5	2	0	25
Fruit	15	0	0	60
Milk	12	8	3	110
Meat & Beans	0	7	3	55
Fats	0	0	5	45

Exercise: Logging

Track your exercise here to find out how many calories you are burning.

1. Click on "Log a new day" or the edit icon under modify to enter your exercise history.
2. Similar to food logging, a pop-up window will appear where you can select your exercise types from general to specific.
3. Enter your time spent to calculate the calories burned.
4. You may also add routine exercises to your favorites to make quick selections in the future.

Exercise history | Chart ← You may also view exercise summary in the Chart format.

Enter your daily exercise and the duration of each exercise to find out calories burned from your exercise activity. Click "Log a new day" to enter your workout and pedometer steps. Click "Chart" to view a summary of total exercise time, calories burned, and total pedometer steps.

• Exercise log summary: You have entered the exercise activities 1 days for this Month, total of 0 min.

Date	Exercise type	Time	Calories	Total calories	Pedometer steps	Modify
3/19	Running, 7 mph (8.6 min/mile) Calisthenics, Vigorous	10 min 30 min	123 Kcal 250 Kcal	374 Kcal		[Edit] [Delete]
3/12	Calisthenics, Moderate Indoor, Walking, stairs	31 min 3 min	147 Kcal 25 Kcal	172 Kcal		[Edit] [Delete]
3/11	Running, 7 mph (8.6 min/mile) Calisthenics, Vigorous	10 min 25 min	125 Kcal 212 Kcal	337 Kcal		[Edit] [Delete]
3/10	Running, 7 mph (8.6 min/mile) Calisthenics, Vigorous	18 min 45 min	233 Kcal 381 Kcal	684 Kcal		[Edit] [Delete]
	Bicycling, 14-16 mph, vigorous effort	10 min	78 Kcal			[Edit] [Delete]
3/07	Calisthenics, Vigorous Running, 7 mph (8.6 min/mile)	45 min 17 min	381 Kcal 213 Kcal	594 Kcal		[Edit] [Delete]
3/06	Weight training, Weightless (push ups, sit ups) Running, 6 mph (jogging)	60 min 15 min	286 Kcal 188 Kcal	549 Kcal		[Edit] [Delete]
	Weight training, Machine, general	15 min	94 Kcal			[Edit] [Delete]
3/05	Running, 6 mph (jogging)	20 min	224 Kcal	319 Kcal		[Edit] [Delete]

It is recommended that you exercise within your target heart rate zone three to five times a week for 20 to 60 minutes (excluding warm-ups) to maximize the health benefits of cardiovascular activity and weight loss.
[Learn more about target heart rate zone.](#)

Add Exercise [CLOSE]

Please enter your exercise & time below. Click [Add] to add the selected exercise to "My favorites" for an easy logging next time.

March 26 2008

Search or browse exercise

My favorites

- General exercise
- Team sports
- Leisure
- Housework

Detail A

- Jogging
- Martial arts
- Mountain biking
- Pilates
- Rollerblading
- Tanning machine
- Running
- Stretching
- Swimming

Detail B

- 6 mph (jogging)
- 7 mph (8.6 min/mile)
- 8 mph (7.5 min/mile)
- 9 mph (6.7 min/mile)
- 10 mph (6.0 minutes/mile)
- 12 mph (5.0 minutes/mile)

Enter duration of the exercise

Selected Exercises: Running, 7 mph (8.6 min/mile)

Time: 0 hour 30 minute

Add to my favorites

Today's Exercise

View today's pedometer steps and exercise activity.

My pedometer steps: [] steps

Exercise 370 Kcal

Running, 7 mph (8.6 mi... 30 (min) 370 Kcal

Save

Exercise: Exercise Plan

Review recommendations of amount of exercise to burn the suggested calories to reach your goals in each category of exercise you chose.

Your exercise list

Your exercise plan: burn Kcal/week

The exercise activities that you selected in your diet plan settings are listed below. In order to burn 700 Kcal/week, you need to participate in whichever exercise you select for the specified amount of time shown in "Time needed to burn 700 Kcal/week" column. You may change frequency of the exercise (how many days/week) in the last column, and then the amount of time needed for each exercise will be adjusted accordingly.

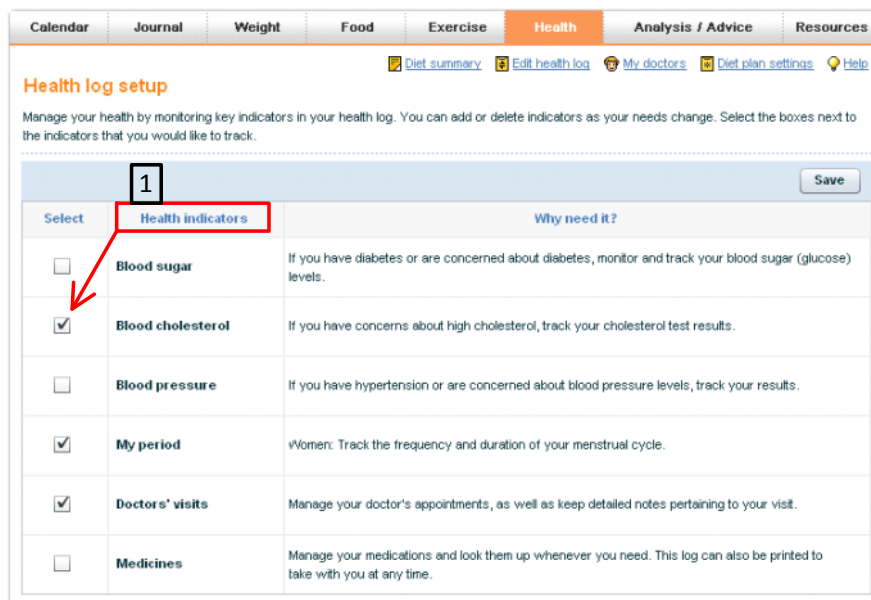
Exercise amount needed to burn 700 Kcal / week			Print
Your preferred exercise types	Intensity	Time needed to burn 700 Kcal / week	Recommendation for <input type="text" value="5 days/week"/> exercise plan
Aerobics	<input type="text" value="Medium impact"/>	130min	At least 26min / day
Bicycling	<input type="text" value="10-12 mph, light effort"/>	138min	At least 28min / day
Running	<input type="text" value="6 mph (jogging)"/>	73min	At least 15min / day
Walking	<input type="text" value="4 mph (brisk pace)"/>	146min	At least 29min / day
Weight training	<input type="text" value="Machine, general"/>	130min	At least 26min / day

Note: The calculation of time for each exercise is based on your current weight, 120 lbs.

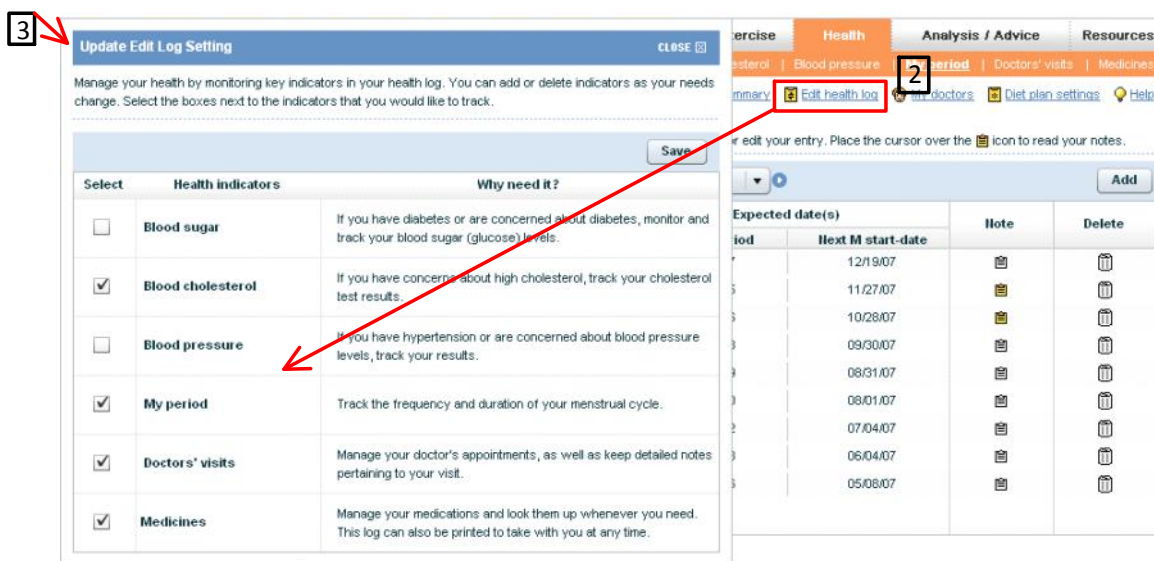
Health Log: Health Log Setting

Manage your health by monitoring key indicators in your **Health Log** such as blood sugar, blood cholesterol, blood pressure, menstrual cycle, doctor's visits, and any medication you take. You can customize the menu bar in the Health Log to your desired health indicators.

1. Your first visit to the Health log will require you to setup which **Health Indicators** you wish to monitor. You may choose as many as you like and edit your selection at anytime.



2. You may choose to edit your health log settings while in any category under Health to either add or remove health indicators from your menu bar.
3. Update or change your health log settings in this window.



Health Log: Blood Sugar Logging

Once setup is complete, you can enter various details regarding each category you chose to monitor. When adding information to a category, you may also write a note detailing how you felt or other general comments regarding the entry.

Blood sugar

View your blood sugar levels by month. Click "Add" to enter a new reading. Click on the blood sugar level to view or edit the entry. Place the cursor over the icon to read your notes. Select "All" from the "Month" drop-down menu to view all the entries.

Normal range
 Over normal range

May 2008 Add

Date	Meal time	Before a meal	After a meal	Note	Delete
05/07	Lunch	90 mg/dL	140 mg/dL		
05/06	Breakfast	130 mg/dL	180 mg/dL		
05/05	Breakfast	90 mg/dL	180 mg/dL		

Your entries are color-coded to indicate if you are at normal levels or not.

[Information]
 Diabetes is a condition categorized by high levels of blood sugar (glucose), as a result of the body's inability to produce or properly use insulin. Diabetes can lead to more serious health conditions if not treated and monitored. Many people are able to lead their normal lives by monitoring their blood sugar closely, eating a healthful diet with consistent amounts of carbohydrate and regular exercise. >> [Learn more](#)

Blood sugar

View your blood sugar levels by month. Click "Add" to enter a new reading. Click on the blood sugar level to view or edit the entry. Place the cursor over the icon to read your notes. Select "All" from the "Month" drop-down menu to view all the entries.

Normal range
 Over normal range

May 9 2008 Add

Add blood sugar CLOSE

Enter your blood sugar levels in the boxes below. You may also enter notes about your reading results or any other significant information.

Before meal: 90 mg/dL Meal Time: Dinner
 After meal: 140 mg/dL

Doing great!

Save Cancel

Enter your blood sugar levels before and after each meal indicating which meal you are logging for. You may also write notes about your blood sugar readings.

[Information]
 Diabetes is a condition categorized by high levels of blood sugar (glucose), as a result of the body's inability to produce or properly use insulin. Diabetes can lead to more serious health conditions if not treated and monitored. Many people are able to lead their normal lives by monitoring their blood sugar closely, eating a healthful diet with consistent amounts of carbohydrate and regular exercise. >> [Learn more](#)

Analysis / Advice : Analysis Section

Get an overall analysis of your progression based on your logged information of weight, food, and exercise. Then, find out what you might need to revise in your diet or exercise to help you reaching your goals by looking at what is recommended under Advice.

Calendar
Journal
Weight
Food
Exercise
Analysis / Advice
Resources

[Diet summary](#)
[Diet plan settings](#)
[Help](#)
[Print](#)

Analysis < Advice

Check your energy balance and see if your caloric intake and energy expenditure leaves you with a positive energy balance, a negative energy balance, or if you are right on target for meeting your weight loss goals. Use the drop-down menu to select month and year you would like to view.

- **My Weight Status**
 - My current weight : 116.0 lbs See the overview of your weight status for the month.
 - My BMI : 19 (Normal weight)
 - Weight change in April : 0 lbs
 - Total weight change since start of the program : -74.0 lbs
- **Energy Balance**

Your daily calorie budget, which is based on all of the information that you entered in your profile as well as your weight loss goals and activity level, is **1,400** Kcal each day. Click on "Diet plan settings" button on the right corner for your plan details or editing. The table below shows your daily caloric intake and the calories burned during exercise. Subtracting the calories burned during exercise from the daily caloric intake should leave you with your daily calorie budget.

For this month, your energy balance is -1,980 calories under your calorie budget. It is important to maintain a healthy rate of weight loss in order to maintain lean muscle mass and a healthy metabolism. If you are exceeding your weight loss goals and losing more than 2 lbs/week, then you may need to increase your caloric intake slightly or decrease your activity level.

■ : Under calorie budget
 ■ : Over calorie budget
 View your food and exercise energy distribution for each month.

Your Calorie Budget 1,400 Kcal.		April		2008	
Date	Food intake calories	Exercise burned calories	Food intake - Exercise burned	Energy balance for your weight loss goal	
18	339 Kcal	0 Kcal	339 Kcal	-1,061 Kcal	
02	481 Kcal	0 Kcal	481 Kcal	-919 Kcal	
			Total	-1,980 Kcal	

[Information]
 The energy balance analysis of the Diet Manager will help you track how many calories you are eating and burning through exercise each day to ensure that you are eating the optimal calorie level to produce weight loss. [Learn more about energy balance](#)

Analysis / Advice: Advice Section

You can also receive personalized advice, according to your diet settings, from professionals. This advice will be saved for your future reference. You may also reply to any messages from your dietitian or ask questions.

Advice

To lose your weight, it is important to eat healthy and to exercise regularly. Weight loss occurs when you burn more calories than you consume. Here are a few helpful tips to assist you with your weight loss.

- Eat foods high in fiber to keep you feeling satisfied longer. Fruits, vegetables, and whole grains are nutritious and low in calories.
- Exercise daily. Physical activity combined with calorie restriction is more effective for your weight loss than dieting alone.
- Think portion control. Eat mindfully to prevent overeating.

Advice from your health professional

Below you will find advice from your dietitian or fitness trainer. Be sure to check back here frequently for advice from your dietitian or fitness trainer. You may reply to your coach's advice when it's posted below. You may also ask questions by clicking on "Ask your coach" button.

Date	Advice from my dietitian	Replies/Questions to my dietitian
01/11	testing advice for takeatour from testadmin1 admin page.	Click here to reply.
01/05	This is a test for "Advice" and "Reply".	Thanks a lot. Received the advice.
01/05	Great job in 2008!	thanks!

Advice Alert

When your group administrator sends you a message, a pop up will appear when you login to Diet Manager page. You'll also receive an email notification.

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: 145.8 lbs
- Height: 5 feet 9 inches
- Activity level: Light activity
- My BMI: 23.5 (Normal weight)
- Caloric requirement for my weight: 2,200 calories

My Goal

- My goal weight: 129 lbs
- Monthly weight loss goal: 4.9 lbs
- Exercise goal: 1 days / week

Monthly summary of progress and site usage

- My weight change: 9 lbs
- Exercise: Total 99 min over 3 days
- Logins: 9 days
- Messages posted: 9 postings
- Total points: 19,339 points

Information

You have received advice from your personal dietitian. Would you like to view it now?

Yes No

Resources

You will receive up-to-date nutrition and health resources as well as My Nutriinfo tips from Nutriinfo in the Resources section. Your personal dietitian or trainer will also send you the information. This is a great way to view all the resources anytime.

Calendar
Journal
Weight
Food
Exercise
Health
Analysis / Advice
Resources

[Diet summary](#)
[Diet plan settings](#)
[Help](#)

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 menus. To accomplish your weight loss goal, stay motivated and develop a healthy lifestyle!

Year ▼ 2008 ▼

<ul style="list-style-type: none"> • Calcium-rich foods (04/29/08) • 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 bes... (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) 	<div style="border: 1px solid #ccc; padding: 10px; background-color: #f9f9f9;"> <p>Iron-rich food Print</p> <p>Iron is essential for human life because it is an important part of many of the enzymes and proteins in our body. About 60-70% of the iron in our bodies is a part of the hemoglobin protein within our red blood cells. As part of the hemoglobin protein, iron carries oxygen to all of the cells in our body. Oxygen is required in order to metabolize fat as fuel. Therefore, it is important to have adequate iron stores to reduce fat stores. A lack of adequate iron also results in general fatigue and reduced immune function.</p> <p>Too much iron can be toxic, so do not supplement unless you have been diagnosed with iron deficiency. However, our bodies are able to regulate the amount of iron that we absorb through the digestive tract from food that we eat. Be sure to get several servings of iron rich foods each day to keep your iron stores up so your cells always have a fresh supply of oxygen and your muscles will be able to efficiently metabolize fat as fuel.</p> <p>Recommended Iron amounts for adult women and men are: Women: 18 mg/day Men: 8 mg/day</p> <p>Some good sources of iron include: Iron fortified cerea 1¼ cup serving: 18.0 mg Oatmeal, fortified 1 cup serving: 10.0 mg</p> </div>
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Contact Information

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

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