

## Diet Manager Overview

Self-monitoring is key to weight loss or maintenance success. Our online weight and health management program, Diet Manager, will help individuals manage their weight by providing tools for logging weight, food intake, exercise, and health indicators (blood sugar, cholesterol, and blood pressure). It also provides scientific analysis, individualized advice and feedback from experts as well as customized health newsletters. *This is a perfect solution for achieving your health and fitness goals.*

### Key Features of Diet Manager:

- **Calendar:** You can view all data regarding the progress of your dieting efforts, including journal entries and information about your weight, food intake, exercise, or health.
- **Journal:** Individuals can record daily diet and fitness thoughts.
- **Weight Log:** You may enter their weight each time you log on so you can track your progress and receive recommendations from our experts.
- **Food / Exercise Log:** You may enter your daily food intake or exercise activities to find out your energy balance and how close you are to meeting your goals.
- **Health logs:** You can keep track of your blood glucose, cholesterol, or blood pressure to manage the obesity-associated diseases.
- **Analysis and Advice:** Scientific analysis and individualized advice are provided based on your 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 Diet Manager interface. At the top, there's a navigation bar with 'Diet Manager', 'My Account', 'eTools', 'Community', and 'Help Center'. Below this, a breadcrumb trail shows 'home > Diet Manager'. The main content area is divided into several sections:

- Hello Jessica:** A user profile box showing 'Today: Thu, Apr 24, 2008', 'Last login: Thu, Apr 24, 2008', 'Membership type: Premium', and 'Point: 18,209'.
- Monthly summary:** A box showing 'Weight change: 0.0 lbs', 'Exercise: 0 days / 0 min', and a link to 'View stat in detail'.
- Health Tips:** A box with an image of oranges and the text 'Plan for a healthy lunch'.
- Summary of my goals and progress:** A large section with a background image of a woman in a yoga pose. It includes:
  - 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.