

NUTRILOG Version 3.00

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1. New programming language

Nutrilog software has been redeveloped with up-to-date programming languages that guarantee higher coding productivity and facilitate the integration of Internet technologies. This software rewriting represented over 1,500 hours of work! This provides users a few direct and immediate advantages, but ensures that their tool will evolve faster in the years to come.

2. Lighter configuration requirements

The adoption of new programming technologies has eliminated the dependency on two third-party products:

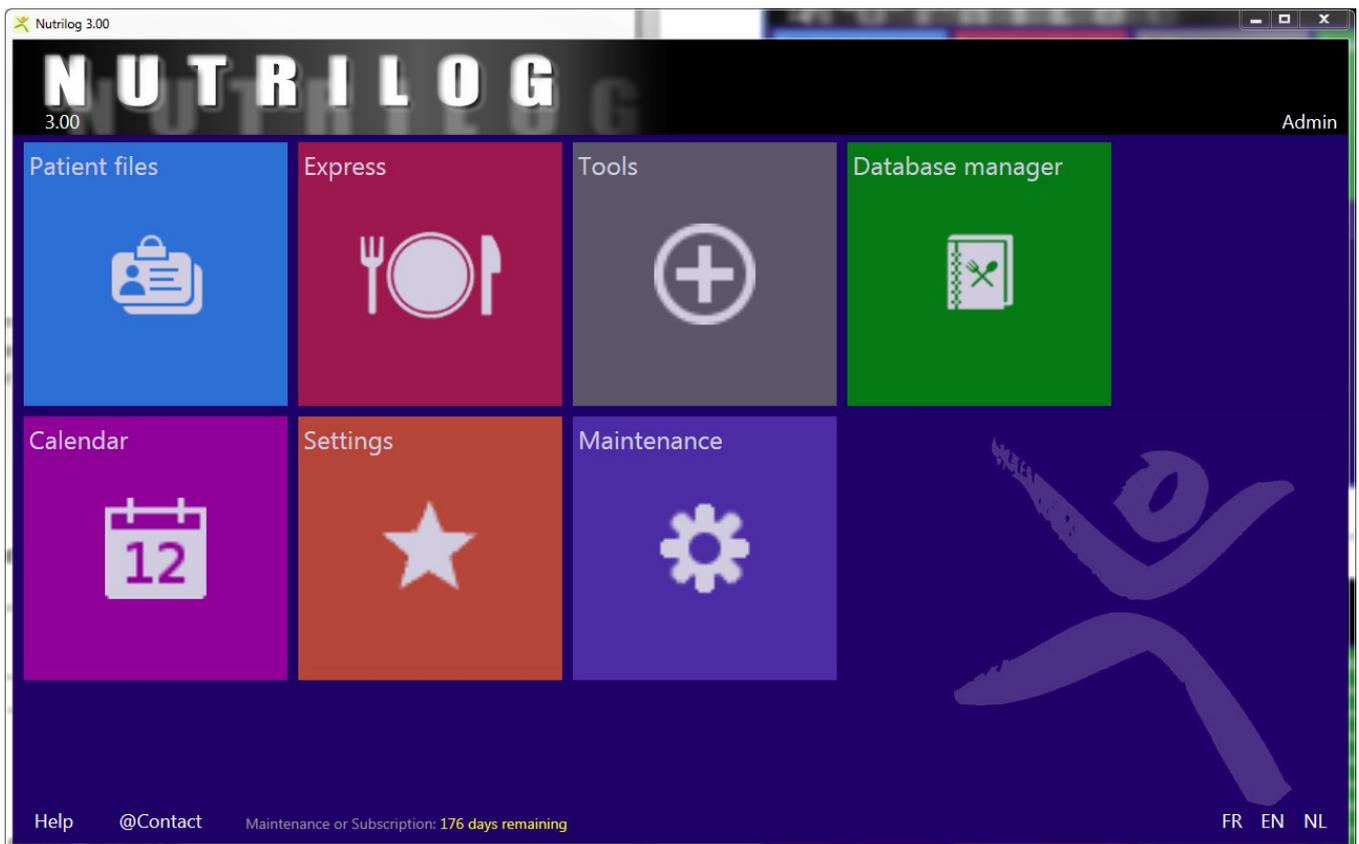
- Adobe Flash Player is no longer used for graphical interfaces. Compatibility issues between new versions of Flash Player and Nutrilog are now gone.

- Adobe Reader is no longer necessary for consulting the user guide via the software, which is now in HTML format.

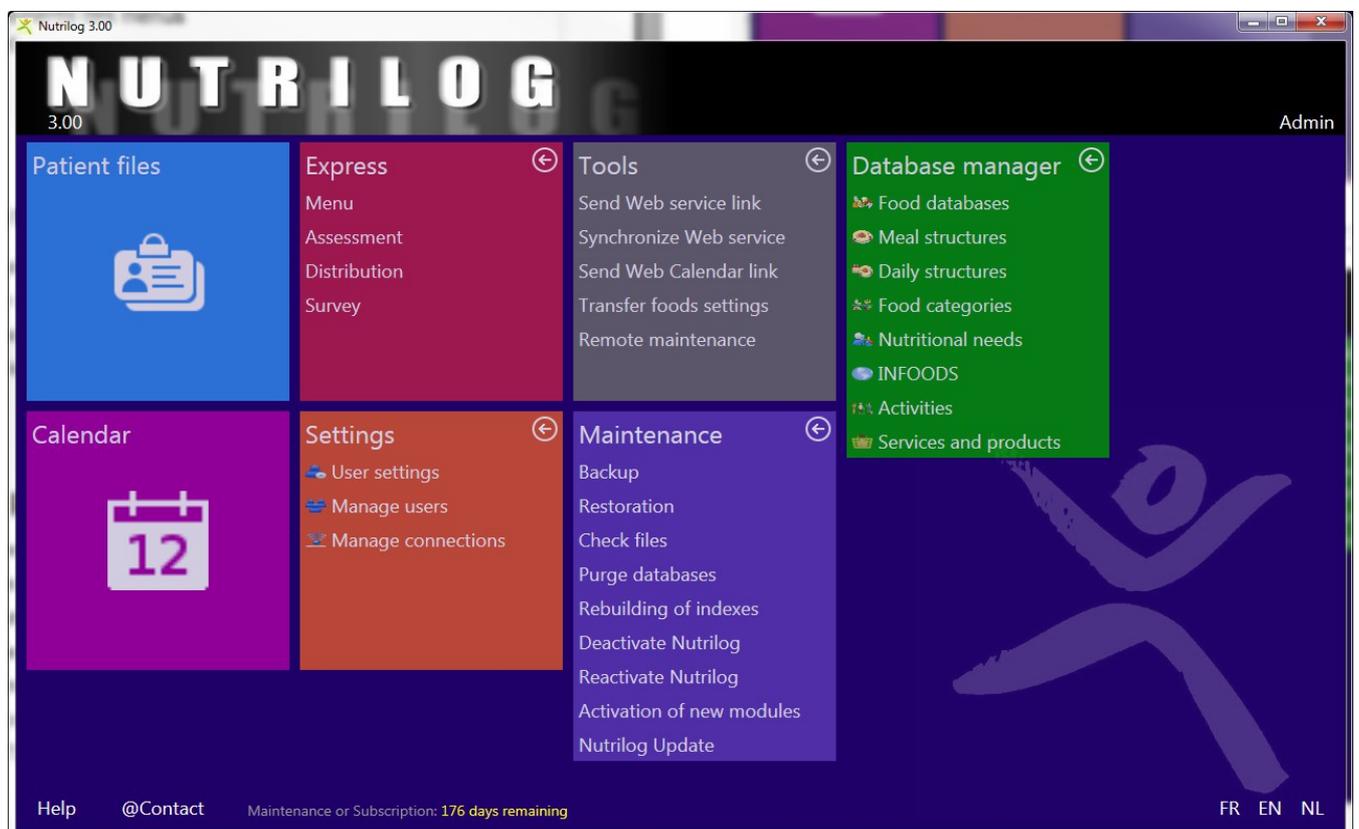
However the user guide in PDF format can still be downloaded from our website.

The elimination of these two prerequisites has reduced the use of the memory by up to 90% for running the software! An average reduction of 75% has been observed.

3. New ergonomics



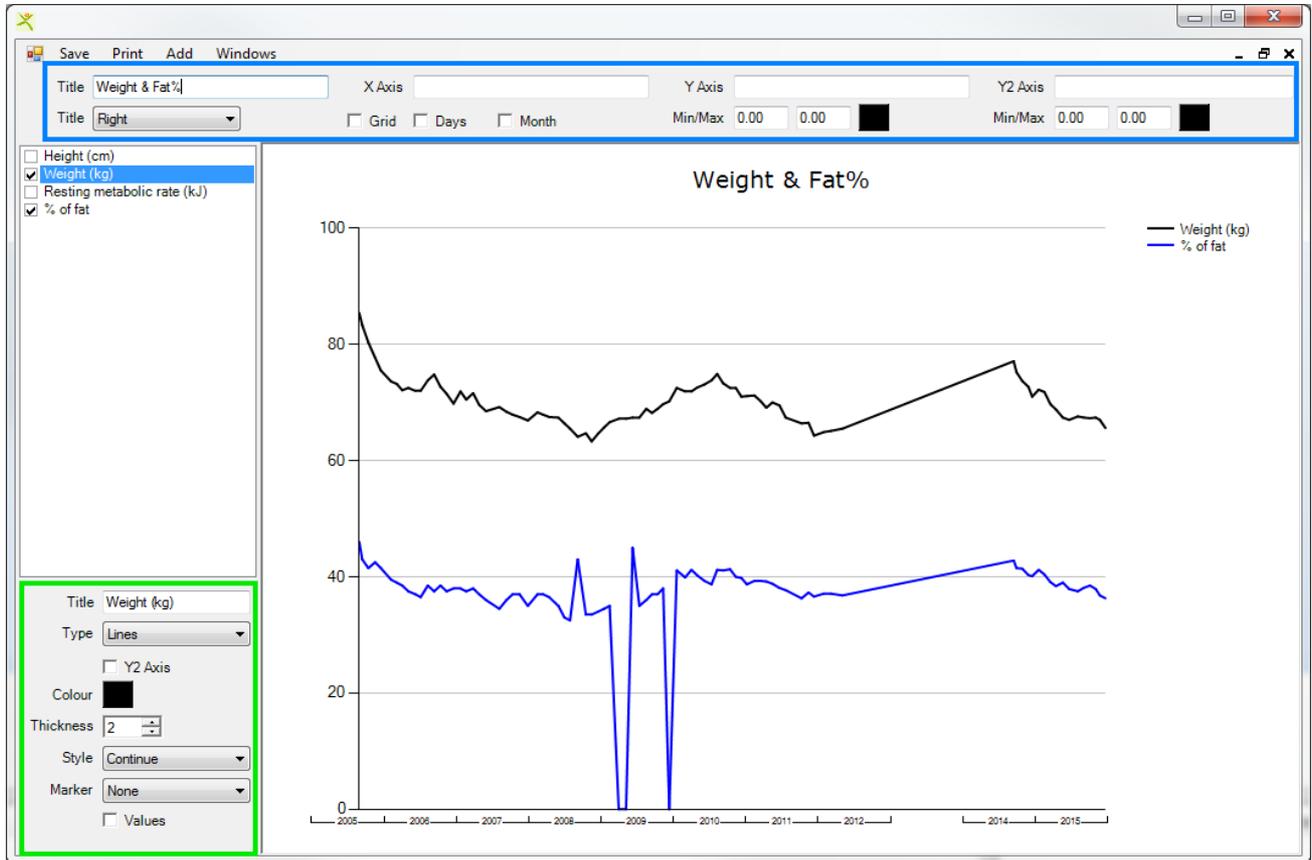
Everything is accessible from the homepage screen.
Click on a tile to access the various modules. The tiles can remain open.



4. Patient file

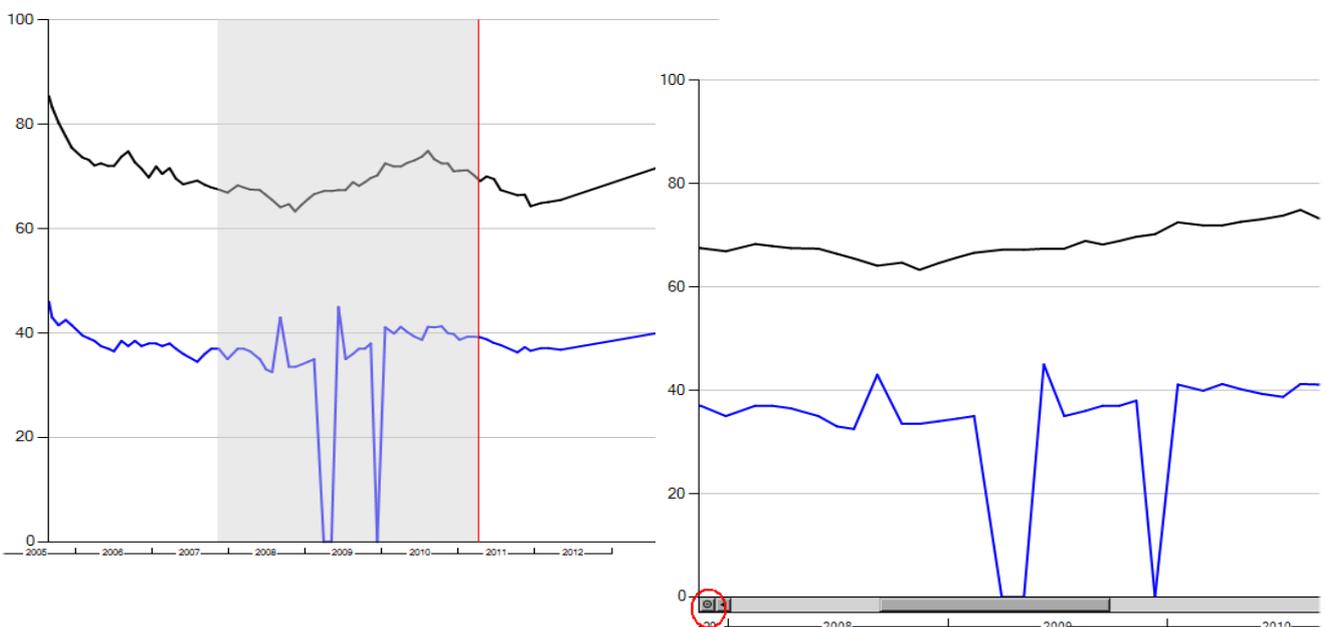
New chart editor

Charts are no longer using Flash technology; they are easier to configure and offer extended possibilities.



Select the variables to be included in the chart from the list on the left, then set the characteristics for each of them in the green-bordered section. In the blue-bordered section, you can adjust the general settings of the chart.

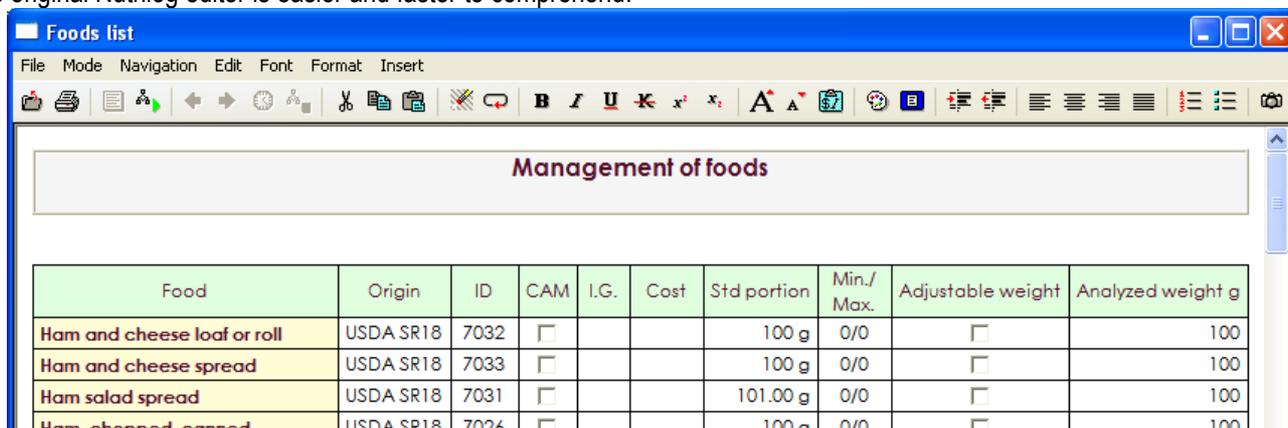
You can zoom on the chart by moving the mouse horizontally over the chart while pressing the left button down. When the zoom function is activated, a scrollbar appears at the bottom of the chart and allows you to scroll left or right along the chart. To deactivate the zoom function, click on the button to the left of the scrollbar.



New report editor: CKEditor

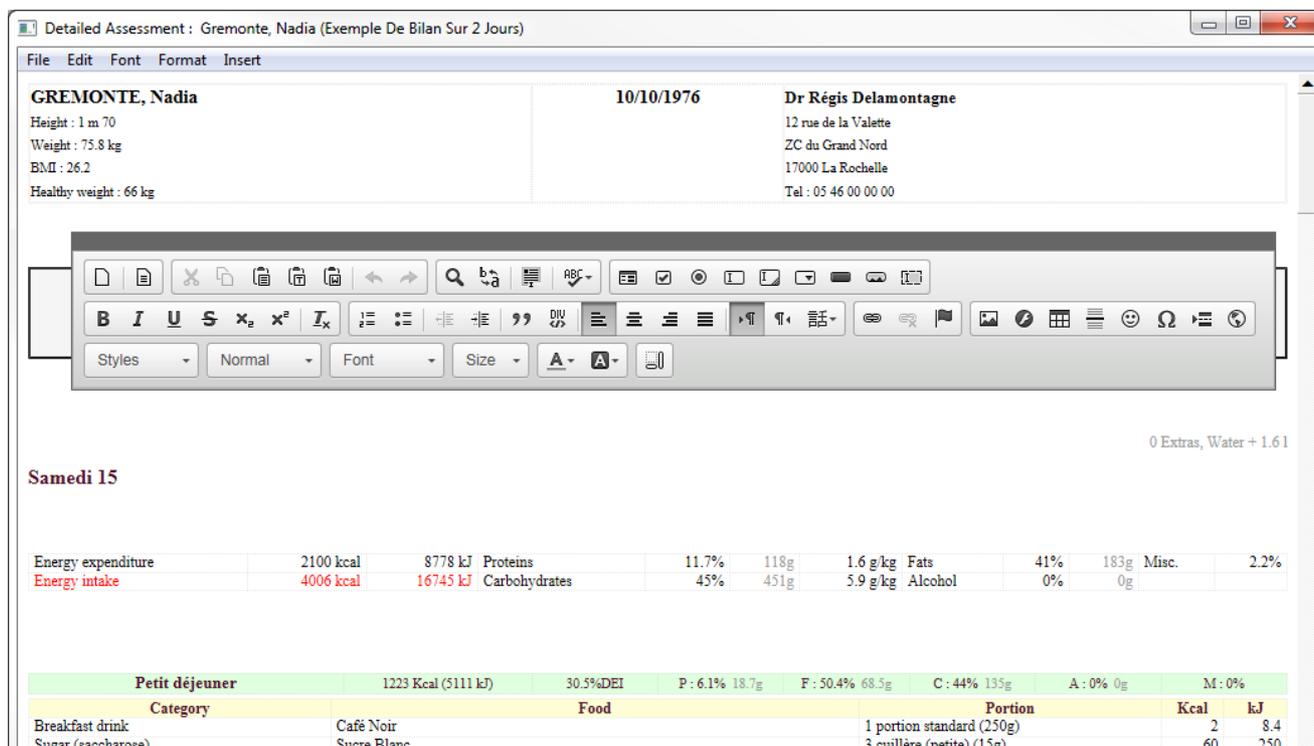
Nutrilog provides a module that allows validating, modifying, enhancing and personalizing all reports before printing. Nutrilog uses two report editors that offer typical functionalities that will not be detailed here. Their use is facilitated by “infotips” that appear when you go over the toolbar buttons.

The original Nutrilog editor is easier and faster to comprehend.



Food	Origin	ID	CAM	I.G.	Cost	Std portion	Min./Max.	Adjustable weight	Analyzed weight g
Ham and cheese loaf or roll	USDA SR18	7032	<input type="checkbox"/>			100 g	0/0	<input type="checkbox"/>	100
Ham and cheese spread	USDA SR18	7033	<input type="checkbox"/>			100 g	0/0	<input type="checkbox"/>	100
Ham salad spread	USDA SR18	7031	<input type="checkbox"/>			101.00 g	0/0	<input type="checkbox"/>	100
Ham chopped canned	USDA SR18	7026	<input type="checkbox"/>			100 g	0/0	<input type="checkbox"/>	100

The new CKEditor editor offers more functionalities but takes longer to master.



Detailed Assessment : Gremonte, Nadia (Exemple De Bilan Sur 2 Jours)

GREMONTE, Nadia **10/10/1976** **Dr Régis Delamontagne**
 Height : 1 m 70 12 rue de la Valette
 Weight : 75.8 kg ZC du Grand Nord
 BMI : 26.2 17000 La Rochelle
 Healthy weight : 66 kg Tel : 05 46 00 00 00

0 Extras, Water + 1.6 l

Samedi 15

Energy expenditure	2100 kcal	8778 kJ	Proteins	11.7%	118g	1.6 g/kg	Fats	41%	183g	Misc.	2.2%
Energy intake	4006 kcal	16745 kJ	Carbohydrates	45%	451g	5.9 g/kg	Alcohol	0%	0g		

Petit déjeuner		1223 Kcal (5111 kJ)	30.5%DEI	P : 6.1% 18.7g	F : 50.4% 68.5g	C : 44% 135g	A : 0% 0g	M : 0%
Category	Food	Portion	Kcal	kJ				
Breakfast drink	Café Noir	1 portion standard (250g)	2	8.4				
Sucre (saccharose)	Sucre Blanc	3 cuillère (netite) (15g)	60	250				

New BIA analysis module

This module has been entirely rewritten without using Flash technology.

The analysis



Tubes:

Colour marks and cursor positions allow for immediate understanding of how a patient stands in regards to the reference values. Green areas correspond to the best condition, red areas to the worst. For every tube, the value displayed on the left represents the patient's measurement, the one on the right, the difference with the previous measurement.

Theoretical gaps: Gaps with the reference values.

Comparative indexes:

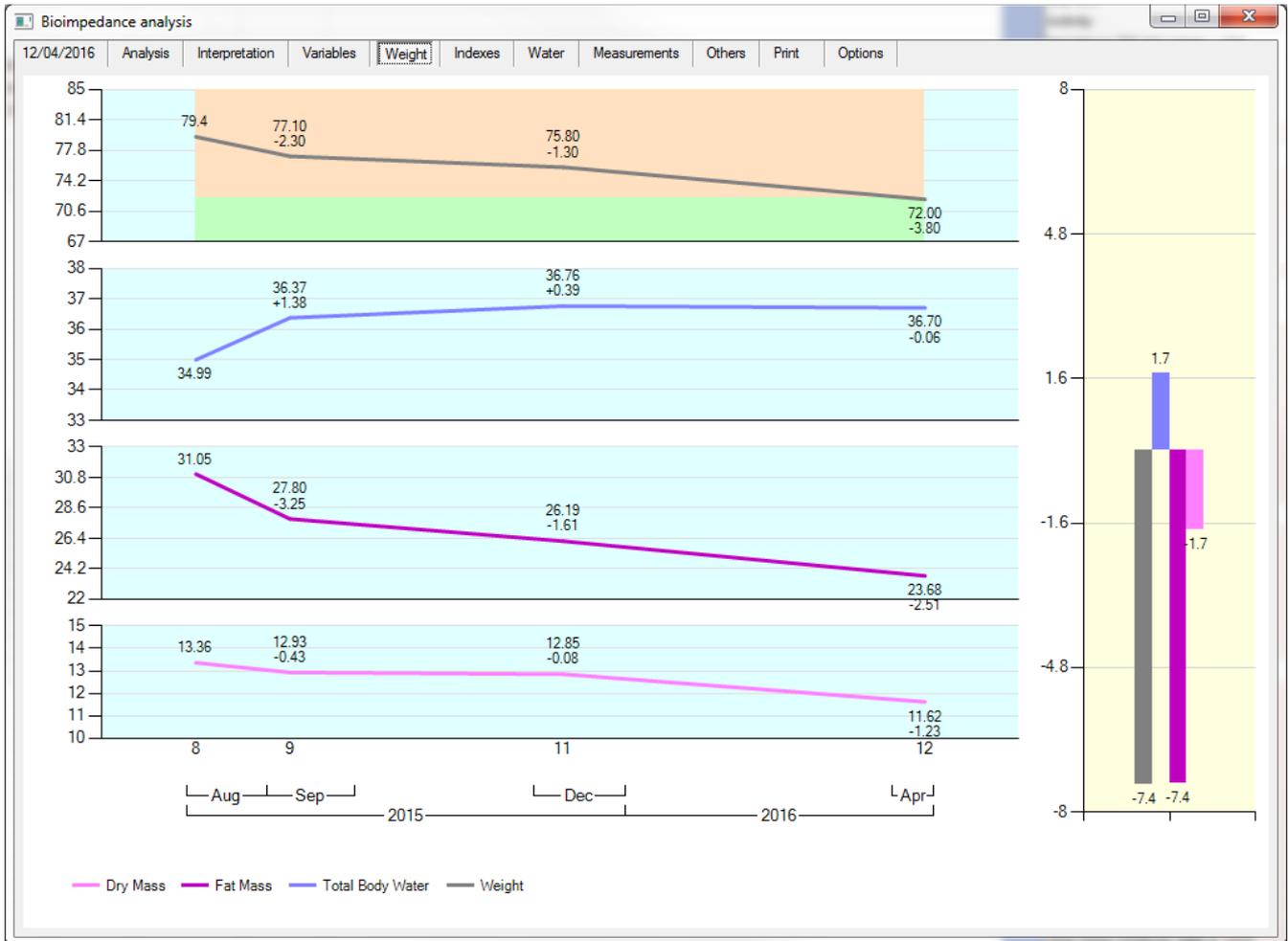
Comparative indexes are a unique and exclusive system that allows for a deeper understanding of the body composition. It facilitates a transversal comparison (of the different compartments) as well as a vertical comparison (over time) of data. The closer the index is to 1 on a scale of 0 to 2, the better the condition of the associated compartment. Indexes give an immediate, direct and global view of the patient's condition.

Data: This button displays additional data for all measured variables, including the conformity index (IC).

Measures: This button displays raw data of the measurement.

Target: It gives a graphical view of key data points of the analysis.

Charts



Charts represent the evolution of the different body compartments. Under each measurement value, the gap with the previous measurement is displayed. This display is optional and can be deactivated via the Options tab. The display of days and months can also be deactivated via the same Options tab.

The chart on the right shows the evolution of parameters between the first and last measurements. A zoom function is also available (ref. New graphical editor).

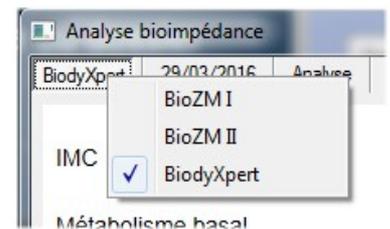
Device tab

This tab is only displayed if you have measurements coming from different devices.

The device initially selected is the one used for the last measurement.

To get the analysis done with another device, click on this tab and choose the appropriate device.

The date tab only shows the dates of measurements taken with the selected device.



New web service

The new web service no longer uses Flash Player.

Your patients can prepare their consultation from home by filling out some forms accessible via Internet.

At the time of consultation, you can download their file or assessment (provided that of course you are connected to the Internet).

Your patients can fill out four forms:

- Personal identification
- Physical activity assessment
- Daily diet assessment
- Diet assessment by frequency

Data entry of an assessment can be accomplished at different times. At the end of every session, the patient must "Save" the entered data. Once the form is fully completed, the patient must validate the form by clicking on "**Save and Validate**".



Daily assessment

12/04/2016 < Tuesday 12 Wednesday 13 Thursday 14 Friday 15 Saturday 16 Sunday 17 Monda >

Repas à la maison

Ciqual Dinner Cut Copy Paste Replicate

<input type="checkbox"/>	Food	#	Portion	Quantity
Breakfast - très rapide				
	Apricot, raw	1	3	75g
	Croissant, ordinary or b...	1	2	70g
	Butter, salted (0,5-3%)	1	piece (large)	15g
	Coffee, brewed, with m...	1	small bowl	150g
Lunch				
	Pot-au-feu	1	portion (large)	350g
Afternoon snack				
Dinner				

Search: pot-au

Bouillon, vegetable, dehydrated
Broth or bouillon, beef, dehydrated
Broth, chicken, reconstituted
Broth, meat and vegetable
Broth, meat, reconstituted
Broth, vegetable, reconstituted
Soup, chicken noodle
Soup, chinese
Soup, cream of mushroom
Soup, cream of tomato

Clear Save Save and validate Cancel

To

enter a diet assessment, the patient must:

- Define the starting date of the assessment (top left)
- Select the day and the meal
- Select a food family or enter a food item in the search field
- Select a food item in the displayed list
- Choose a portion among those displayed or enter the weight in grams
- Repeat the operation for every meal of the day

The Cut/Copy/Paste/Duplicate functions make data entry much faster.

By clicking on the button, the patient can enter comments for every meal and day. These comments can be retrieved in Nutrilog like any other assessment data.

5. Weekly menus/assessments

New way of dealing with food groups

Portions displayed on the right of the bar chart indicate (in terms of number of portions) the level of representation of food groups for the given period.

When you are positioned on a food item, its associated portions are displayed on the left of the group titles. These portions can be adjusted on the spot. Any modification is automatically saved and further applied.



These portions are visible on the control screen at the end of every item before the name of the food.

A half-bar indicates a portion less than 0.7; above 0.7, a full bar is displayed.

When the number of portions for the first four groups is unknown and cannot be automatically estimated, a grey horizontal bar is displayed. Enter the portions as previously indicated to get a better analysis.

		kcal	Pro	Fat	Carb	Alc	
100%	250g	100	2.4	0.4	23.2	0	Carrot juice, canned
100%	100g	236	23.7	15	0	0	Fish, eel, mixed species, cooked, dry heat
100%	190g	234	5.2	1.8	48.6	0	Rice, brown, long-grain, cooked
100%	250g	0	0	0	0	0	Tomatoes, red, ripe, canned, wedges in tomato juice
100%	5g	36	0	4.1	0	0	Butter, without salt
100%	250g	43	2.1	0.7	8.8	0	Tomato juice, canned, with salt added
100%	200g	14	1.4	0.8	0.2	0	Broth, Meat And Vegetable
100%	100g	206	30.4	8.4	0	0	Game Meat, Rabbit, Domesticated, Comp Of Cuts, Ch
100%	250g	215	4.3	0.3	50	0	Potatoes, boiled, cooked without skin, flesh, without s
100%	200g	258	14.1	1.5	48	0	Beans, french, mature seeds, cooked, boiled, without
100%	25g	63	2.3	5.7	0.9	0	Cheese, neufchatel

The calculation of portions depends on the settings of every food in the food management module. These settings have only been done for foods used by the Computer Assisted Menu module.

The other foods are treated automatically according to the family they belong to and their nutritional composition. The statistical treatment enabling the estimation of the different portions only works for foods included in families that can be easily put in relation with food groups.

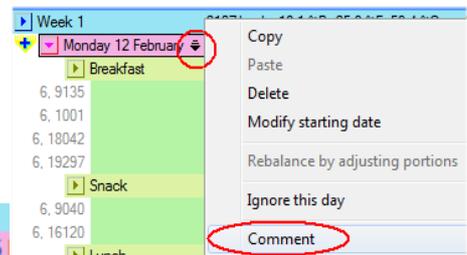
As the "Eggs and derivatives" family is obviously associated to the "Meat, fish, egg, ofall" group, its foods can be treated. For the moment, foods of the "Prepared dishes" family cannot be treated; therefore a grey bar is systematically displayed on their line, until corresponding values are entered in the food management module.

Comments associated to menu items

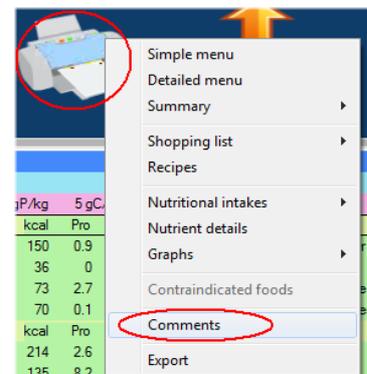
You can associate a comment to every item (except to foods).

When a comment has been entered, an icon is displayed on the item line. Every time you go on the item, a small floating window displays the comment with a slight transparency. Click on this window to modify the comment.

0 %A	0 %M	
0 %A	0 %M	2 l water+ 5
0 %A	0 %M	3.8 gP
Vo/ Vit C		1 glass (large)



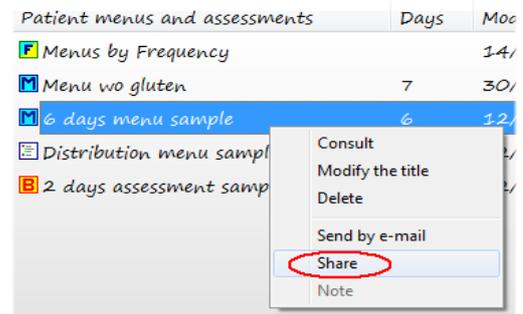
If you want to include your comments in the reports (simple or detailed menus), activate the "Comments" option.



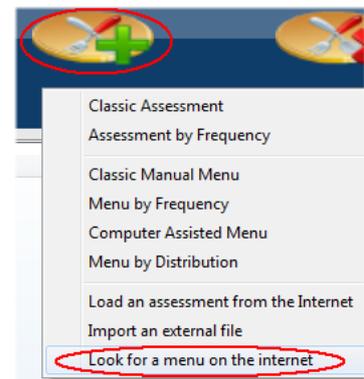
Menu sharing over the Internet

Menus that you elaborate might require long hours of work. Sharing this work with your peers is not such an obvious decision. Our objective is not to convince you to do so, but to inform you that if you like the idea, Nutrilog now integrates sharing tools that will allow for creating a real community of users. We hope that many users will participate, so many of you can benefit from it. A gratification system will allow to reward those of you who share the most. We will keep you informed of this operation on our website at www.nutrilog.com.

To share a menu, right-click on its title and choose the “Share” option.
A window will allow you to enter a comment and indicate which allergies and/or contraindications are associated to the menu.



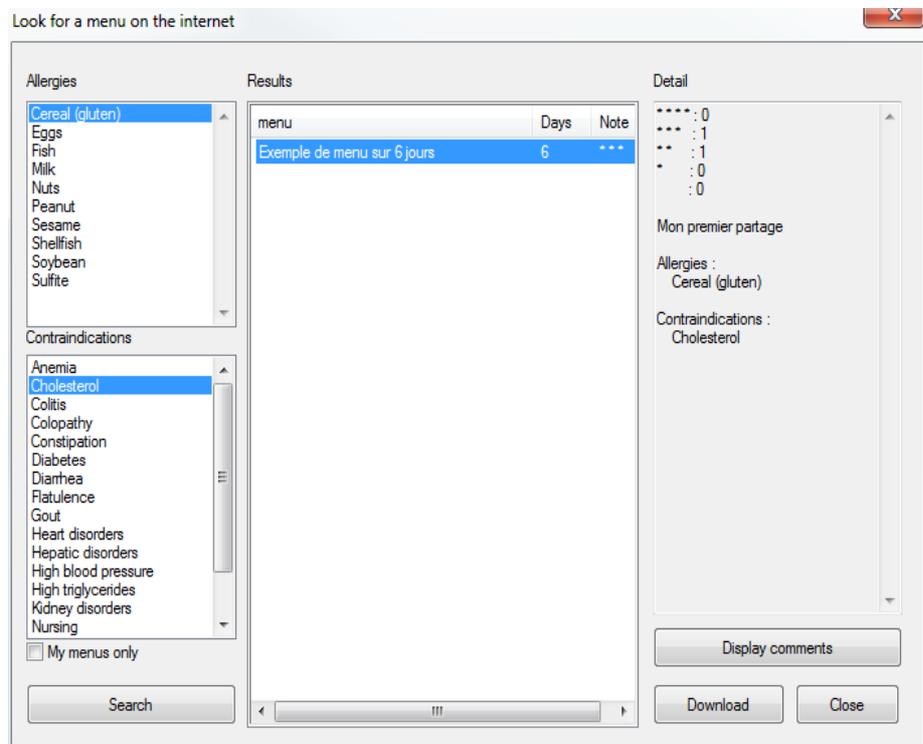
To take advantage of shared menus, right-click on the “New” button in the control bar and select the “Look for a menu on the Internet” option.



Indicate the characteristics of the menu that you are looking for and click on the “Search” button.

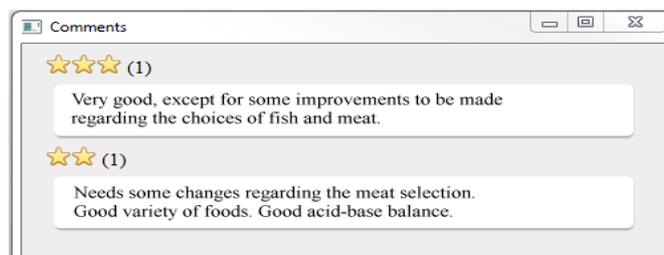
Menus that correspond to your search criteria will be displayed in the central area with their rating (1 to 4 stars).

Characteristics of the selected menu are shown in the right area.



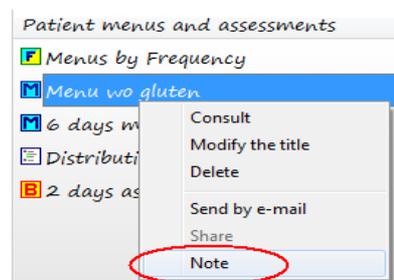
Ratings are compiled by appreciation level. To get the comment details, click on “Display comments”.

When you have found the menu that suits you, click on “Download”. The menu is then added to the list of menus associated to the selected patient in Nutrilog.

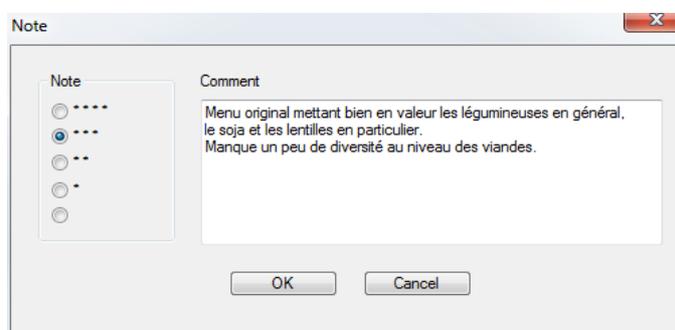


You can then make your changes so the menu is perfectly adapted to your patient's needs.

Then, don't forget to rate the menu to contribute to its promotion (and therefore facilitate the gratification of its creator) or to bring up weaknesses or incoherences that might not have been identified by other users.



You can change your rating and comments as many times as necessary.



Note that:

- You can only rate menus created by other users;
- You can only share your own menus;
- Menu sharing allows you to create a personal library of menus that you can search by checking the “My menus only” option in the search window.

6. Nutrilog in SaaS Mode

Nutrilog is now available online through a subscription service (Software as a Service). In this mode, Nutrilog is no longer installed on your computer but is accessible via Internet. The dependance to the Internet connection is widely compensated by many advantages:

- There is no software to install on your computer. When your computer is out of service, you can continue working from another computer.
- There is no data stored on your computer. Data is stored on secured servers in private spaces only accessible by you and you don't have to worry about backups.
- You are always using the latest version of the software, which is automatically updated at every new release.
- The application can be used anywhere and at anytime as long as you have an Internet connection and an electronic device (computer, tablet, smartphone...)

7. Updates 3.01 and 3.02

Starting Nutrilog:

- When starting Nutrilog, the application displays a window showing the different stages of initialization.
- Starting Nutrilog from a remote client (network version) is faster.

Patient File Management:

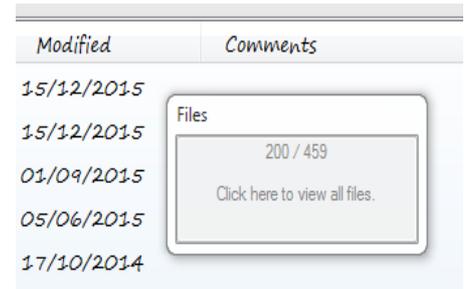
- **Faster opening of the patient file management window** (for those who have thousands of files in the same directory)
When a large number of files is placed in the same directory, opening that directory could take between 30 seconds and one minute (for 3,000 files). Now, the 200 most recent files are displayed, which makes the display almost instantaneous.

To display all files, click on the small window that shows the total number of files available in transparency.

It is preferable to do a search on a key word instead of displaying the full list of files.

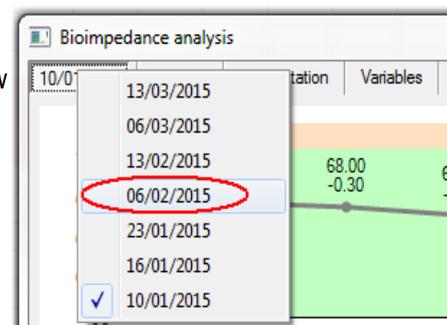
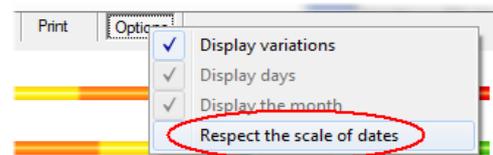
- **Improvement of a file search**

So far, a file search with a key word would take you successively to every directory that would contain files corresponding to the search criteria. Now, all files matching the search criteria are displayed at the same time in the "Files of the day" directory. This way you don't have to navigate through all directories anymore.



Patient File/Body Composition Analysis:

- To improve the readability of charts with dates that are very distant one to another, the time scale has been reduced to allow for a better horizontal fit. To go back to a strict time scale, check the option "Respect the scale of dates".
- Printing: You can now select the sections that you want to include in your report.
- Charts, showing by default the last ten measurements, can now start from a defined date. By default, the date of the first measurement is selected, but you can reduce the interval by selecting a more recent date.



Printing Reports:

The header and footer of reports can be set by the user (File → Page Settings) Settings are then saved.

Classic Menus and Assessments:

The intake by kg of body weight has been added in the information window displayed when placing the cursor over the histogram charts.

Category	Item	Intake	Need	Mini/maxi
Vitamins	Retol			
	Mg	350 mg	360	306/720
Others	ProAn	4.67 mg/kg		
				Available values 18/19

HL7 Module:

Adjustments have been made to be compatible with Windows 8 and 10.