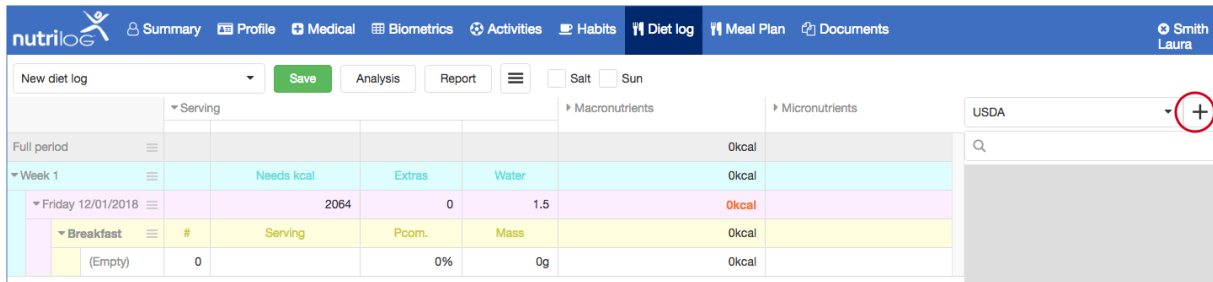
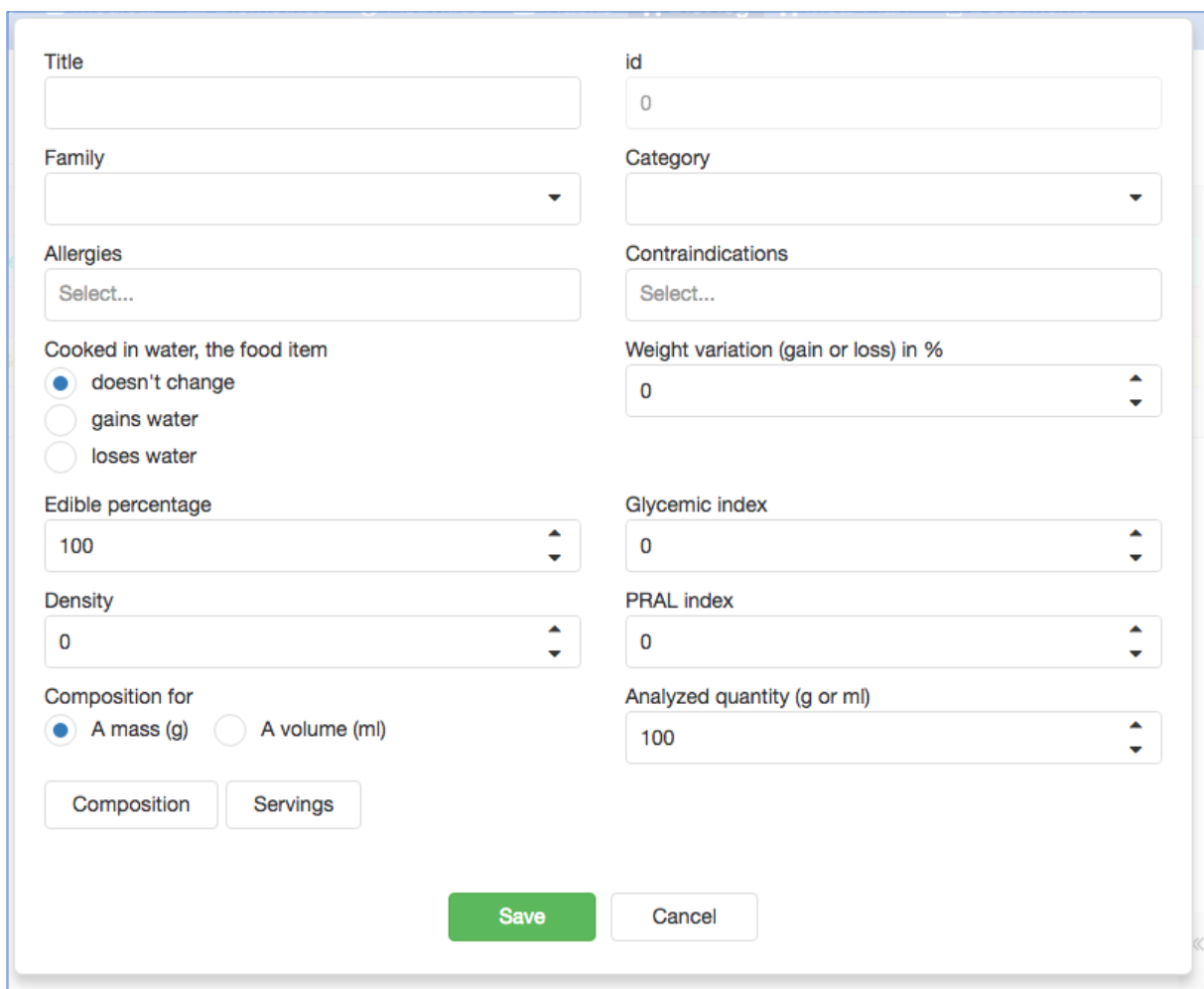


1. From either a Daily Diet Log or a Daily Meal Plan, click on the “+” icon to the right of the name of foods database



2. A new window opens with fields to be filled out



The form contains the following fields and options:

- Title:** Text input field.
- id:** Text input field with the value '0'.
- Family:** Dropdown menu.
- Category:** Dropdown menu.
- Allergies:** Select... button.
- Contraindications:** Select... button.
- Cooked in water, the food item:** Radio buttons for 'doesn't change' (selected), 'gains water', and 'loses water'.
- Weight variation (gain or loss) in %:** Spin box with the value '0'.
- Edible percentage:** Spin box with the value '100'.
- Glycemic index:** Spin box with the value '0'.
- Density:** Spin box with the value '0'.
- PRAL index:** Spin box with the value '0'.
- Composition for:** Radio buttons for 'A mass (g)' (selected) and 'A volume (ml)'.
- Analyzed quantity (g or ml):** Spin box with the value '100'.
- Buttons:** 'Composition', 'Servings', 'Save', and 'Cancel'.

- Title: Enter the name of the food
- Family: Select the family that the food belongs to
- Category: Select the category that the food belongs to (necessary information to work with the meal plan generator)
- Allergies: Enter the food's allergens
- Contraindications: Enter the food's contraindications
- Cooked in water: Indicate whether the food doesn't change, gains water or loses water
- Weight variation: Indicate the % of gain or loss of water
- Edible percentage: Indicate whether the whole food or only a part of it is edible
- Glycemic index: Enter the value for the food
- Density: Enter the density if the food is a liquid
- PRAL index: Enter the value for the food

- Composition for: Indicate whether the composition is for a mass or a volume
- Analyzed quantity: Enter the value of reference used for the nutritional composition data

3. Enter the food composition by clicking on the Composition button; A new window opens allowing for the entry of nutritional values

Last Name	Value	Unit	Description
Q			Q
▼ Energy			<input type="checkbox"/>
Ener		Kcal	Energy, total metabolizable <input type="checkbox"/>
Ener		Kj	Energy, total metabolizable <input type="checkbox"/>
▶ More...			<input type="checkbox"/>
▼ Main constituents			<input type="checkbox"/>
ProNt		g	Protein, total; calculated from total nitrogen <input type="checkbox"/>
Fat		g	Fat, total (total lipid) <input type="checkbox"/>
ChoD		g	Carbohydrate total, calculated by difference <input type="checkbox"/>
Alc		g	Alcohol, ethyl (ethanol, ethyl alcohol) <input type="checkbox"/>
Water		g	Water (moisture) <input type="checkbox"/>
ProNp		g	Protein, total; calculated from protein nitrogen <input type="checkbox"/>
▶ More...			<input type="checkbox"/>
▶ Proteins			<input type="checkbox"/>

Nutritional values for each nutrient can be entered.

The boxes mean that nutrients cannot be unchecked and are systematically displayed in the composition table.

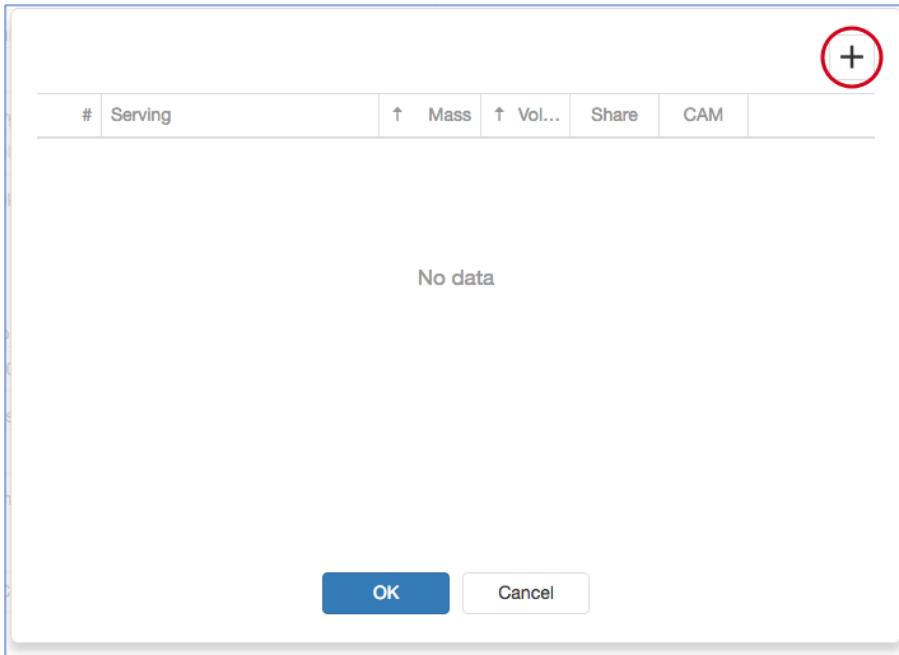
By clicking on “More”, other nutrients can be displayed. By checking the box to the right of the nutrient, the nutrient becomes systematically displayed in the composition table and appears below the other nutrients.

▼ Proteins			<input type="checkbox"/>
Albu		mg	Albumin <input checked="" type="checkbox"/>
▶ More...			<input type="checkbox"/>

All nutrients with a nutritional value can be exported.

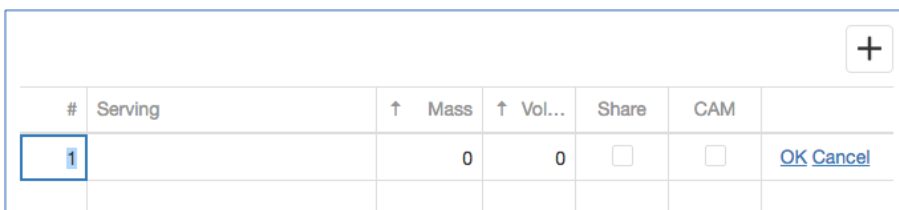
4. Once that the nutritional composition is entered, servings can be created. These servings can then be used by patients while entering their diet log online.

To add a portion, click on the “+” icon.



#	Serving	↑ Mass	↑ Vol...	Share	CAM
No data					

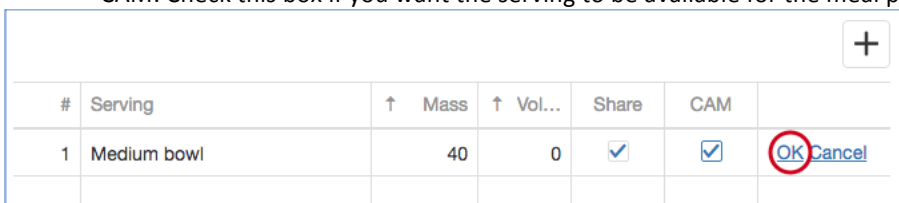
A new window opens



#	Serving	↑ Mass	↑ Vol...	Share	CAM
1		0	0	<input type="checkbox"/>	<input type="checkbox"/>

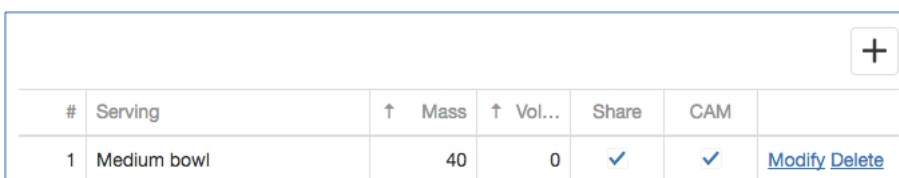
You can then enter:

- #: The number of servings
- Serving: The title of the serving
- Mass: The weight in grams of the serving
- Volume: The volume in ml of the serving if the food is a liquid
- Share: Check this box if you want to share the serving with other Nutrilog Online users
- CAM: Check this box if you want the serving to be available for the meal plan generator



#	Serving	↑ Mass	↑ Vol...	Share	CAM
1	Medium bowl	40	0	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

Click on “OK” to validate the creation of the serving.



#	Serving	↑ Mass	↑ Vol...	Share	CAM
1	Medium bowl	40	0	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

Click on “+” to add another serving.

5. Click on "OK"

#	Serving	↑ Mass	↑ Vol...	Share	CAM	
1	Medium bowl	40	0	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Modify Delete

+

then on "Save" to validate the creation of your new food

Title:

id:

Family:

Category:

Allergies:

Contraindications:

Cooked in water, the food item: doesn't change gains water loses water

Weight variation (gain or loss) in %:

Edible percentage:

Glycemic index:

Density:

PRAL index:

Composition for: A mass (g) A volume (ml)

Analyzed quantity (g or ml):