1. Enter the patient email address in Profile
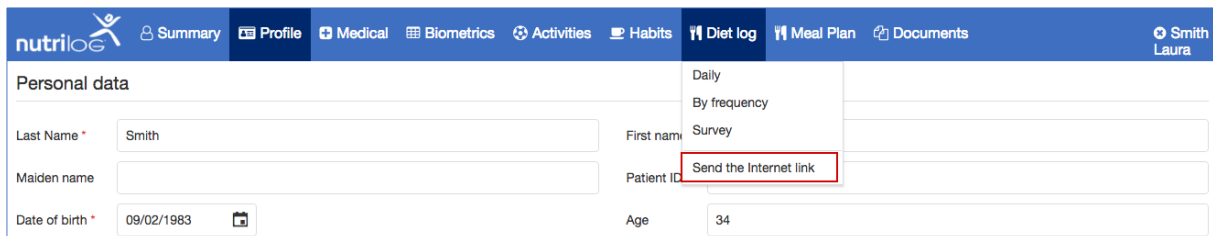

2. Click on the Diet Log tab and select "Send the Internet link"

3. Select the type of Diet Log
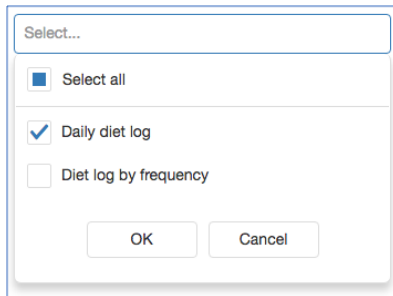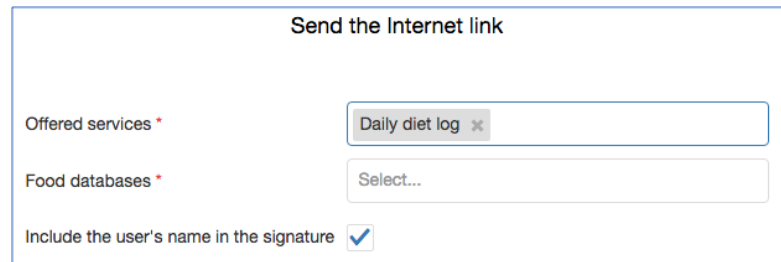
4. Check the "Daily diet log" box and click on OK
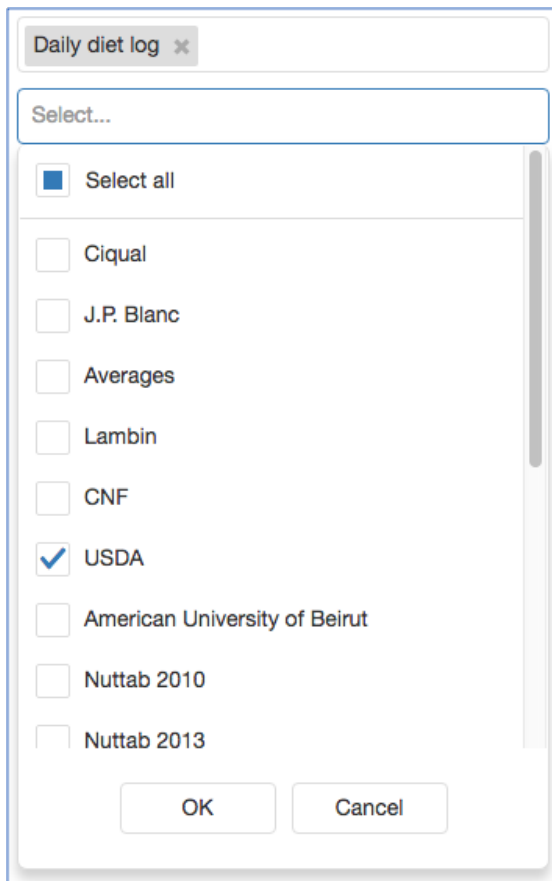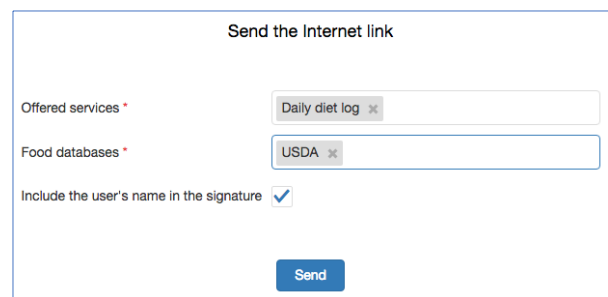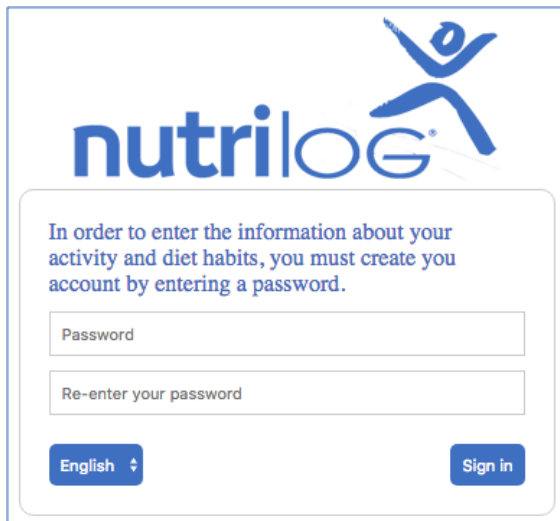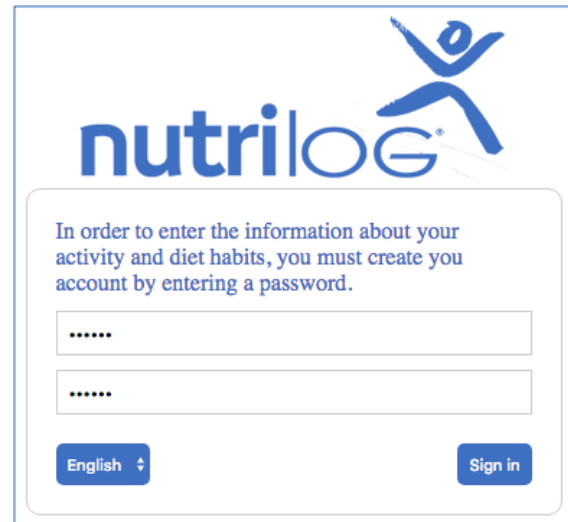
5. Select the food databases that you want patients to use and click on OK. Check the "Include the user's name in the signature" box if you want your name to show in the email sent to patients. Click on Send: The link is automatically sent to the patient email address shown in the Profile.

6. The patient receives an email with the link to connect to the online diet log

Dear Ms. Smith,

Please find here below the Internet link to enter your information relative to your activity and diet habits in order to create your diet plan.

Click here: https://nutrilog-online.com/autobilan/index.php?subdom=pro&id_folder=31&id_user=31&id_patient=4659&services=1&bases=6

You can enter the information at your own pace; you'll just need to save it as you go by clicking on the "Save" button.

Once done, you must validate your entry by clicking on the "Save and validate" button.

Best regards,

{Your contact details}

7. The patient clicks on the link, accesses the login page and creates a password before clicking on "Sign in"

8. The patient has then access to the service homepage and may click on the "Daily diet log" option.
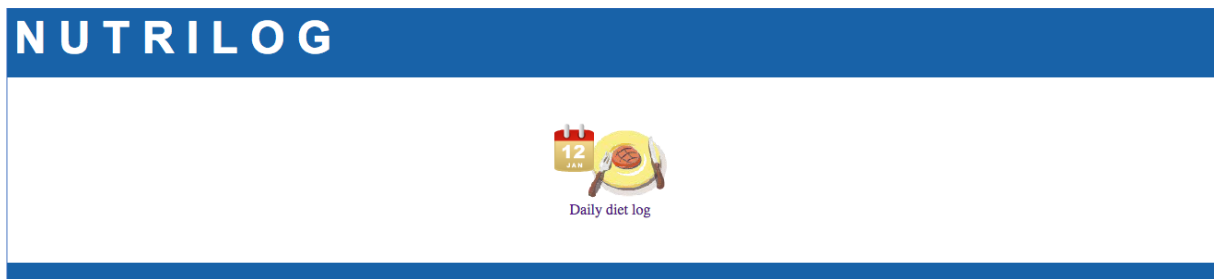
9. Once the entry screen is open, the patient can enter diet data:

Selection of the date of the meal	Addition of a comment for the day	Selection of the meal

Search foods by category

Search foods with the search engine

| Beef Products |
| Beverages |
| **Finfish and Shellfish Products** |
| Legumes and Legume Products |

🔍

Fish, catfish, channel, wild, cooked…
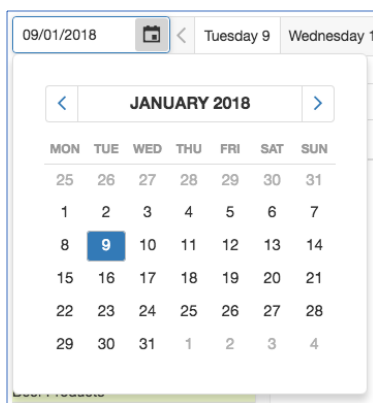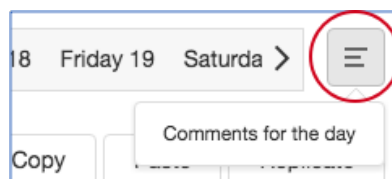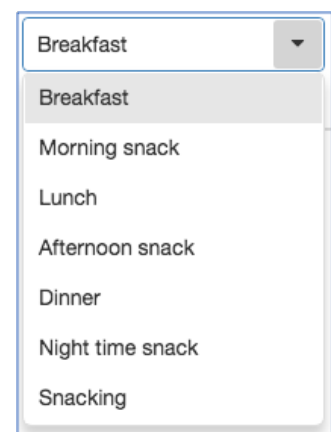Fish, catfish, channel, wild, raw
Fish, caviar, black and red, granular
Fish, cisco, raw
Fish, cisco, smoked
Fish, cod, Atlantic, canned, solids …
Fish, cod, Atlantic, cooked, dry heat
Fish, cod, Atlantic, dried and salted
Fish, cod, Atlantic, raw
Fish, cod, Pacific, cooked (not prev…
Fish, cod, Pacific, cooked, dry heat…
Fish, cod, Pacific, raw (may have b…
Fish, cod, Pacific, raw (not previou…

🔍 cod ⊗

Fish oil, cod liver
Fish, cod, Atlantic, canned, solids an…
Fish, cod, Atlantic, cooked, dry heat
Fish, cod, Atlantic, dried and salted
Fish, cod, Atlantic, raw
Fish, cod, Pacific, cooked (not previo…
Fish, cod, Pacific, cooked, dry heat (…
Fish, cod, Pacific, raw (may have bee…
Fish, cod, Pacific, raw (not previously…
Fish, lingcod, cooked, dry heat
Fish, lingcod, liver (Alaska Native)
Fish, lingcod, meat, raw (Alaska Native)
Fish, lingcod, raw

Depending on the food, the patient selects a quantity or a portion

Fish, cod, Pacific, raw (may have bee…
Fish, cod, Pacific, raw (not previously…
Fish, lingcod, cooked, dry heat
Fish, lingcod, liver (Alaska Native)
Fish, lingcod, meat, raw (Alaska Native)
Fish, lingcod, raw

| oz |
| Gram(s) |
| Ounce(s) |

Fish, cod, Atlantic, dried and salted
Fish, cod, Atlantic, raw
Fish, cod, Pacific, cooked (not previo…
Fish, cod, Pacific, cooked, dry heat (…
Fish, cod, Pacific, raw (may have bee…
Fish, cod, Pacific, raw (not previously…
Fish, lingcod, cooked, dry heat
Fish, lingcod, liver (Alaska Native)

| fillet |
| oz |
| Gram(s) |
| Ounce(s) |

The quantity or the number of portions can be changed by clicking on the food cell of the # column

| ✔ | Fish, cod, Atlantic, raw | 3 | oz | 85g |

The portion can also be changed by clicking on the food cell of the Portion column

| ✔ | Fish, cod, Atlantic, raw | 1 | fillet | 231g |
			fillet	
			oz	
			Gram(s)	
			Ounce(s)	

Patients can add comments to meals by clicking on the icon to the right of the meal choice: Once validated, comments are displayed besides the name of the meal.
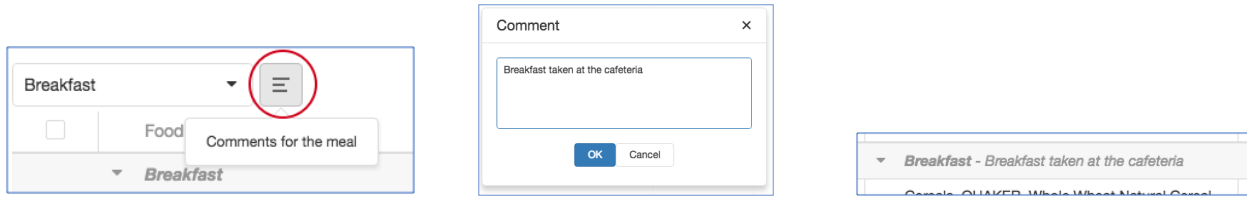
Patients can use Cut, Copy, Paste and Replicate functions to save time for repetitive entries.
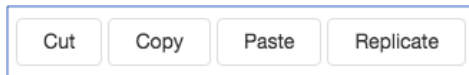
10. Patients can simply "Save" their entry and come back later to finalize it, or "Save and validate" if their entry is completed.
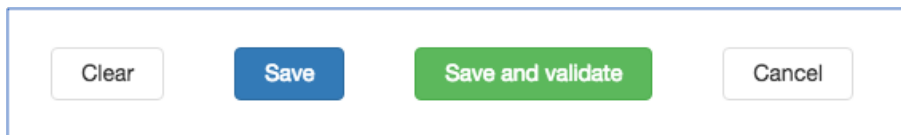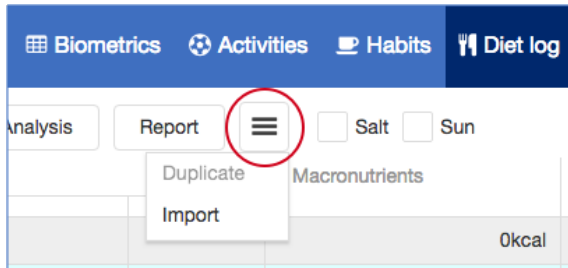

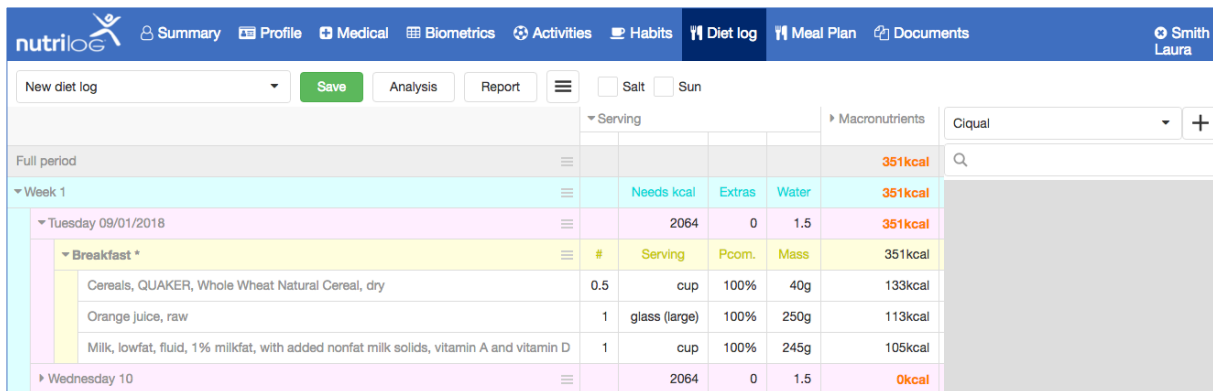11. The users receives a notification within the application

12. Notifications can be viewed by clicking on the "Bell" icon; Ongoing diet logs (saved but not validated) and validated diet logs are then displayed.
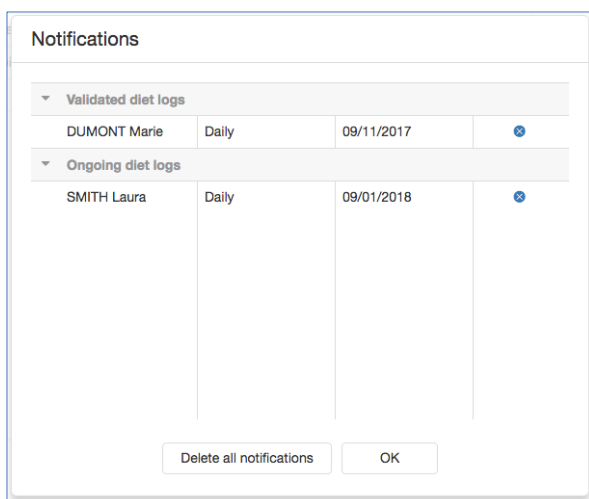
13. Back to the patient file, click on "Diet Log" and then on the menu icon to select the "Import" option to retrieve the patient's diet log

14. Data are then imported and can be analysed.