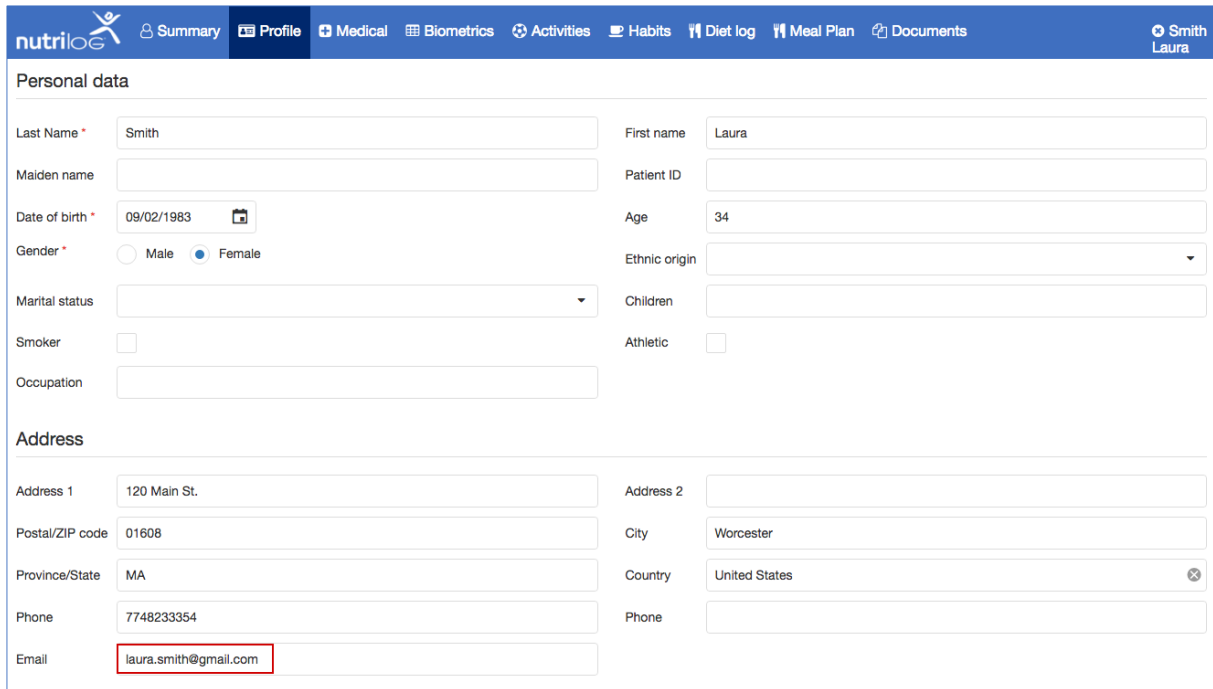


1. Enter the patient email address in Profile



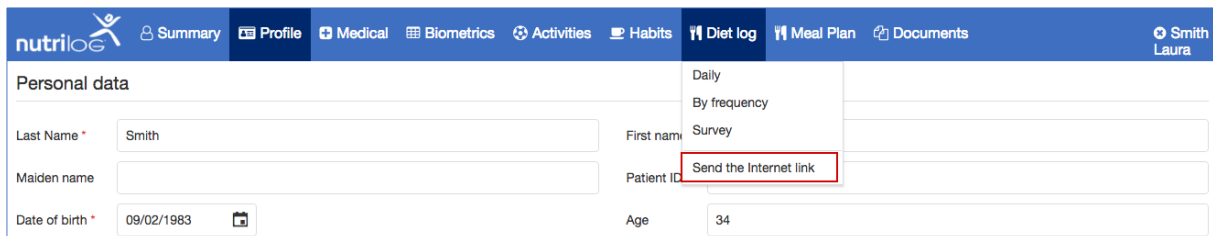
The screenshot shows the 'Profile' tab selected in the top navigation bar. The 'Personal data' section contains the following fields:

- Last Name: Smith
- First name: Laura
- Maiden name: (empty)
- Patient ID: (empty)
- Date of birth: 09/02/1983
- Age: 34
- Gender: Female (selected)
- Ethnic origin: (dropdown menu)
- Marital status: (dropdown menu)
- Children: (empty)
- Smoker: (checkbox, unchecked)
- Athletic: (checkbox, unchecked)
- Occupation: (empty)

The 'Address' section contains the following fields:

- Address 1: 120 Main St.
- Address 2: (empty)
- Postal/ZIP code: 01608
- City: Worcester
- Province/State: MA
- Country: United States
- Phone: 7748233354
- Phone: (empty)
- Email: laura.smith@gmail.com (highlighted with a red box)

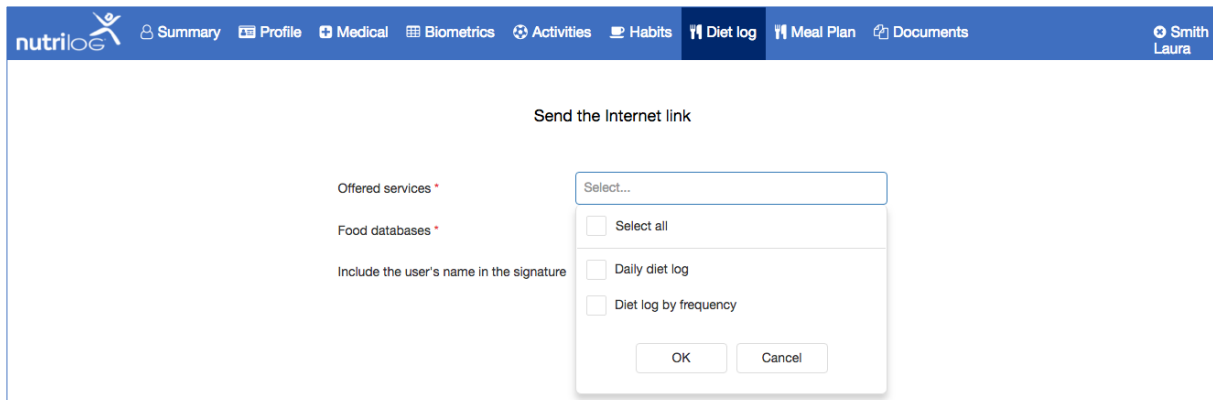
2. Click on the Diet Log tab and select "Send the Internet link"



The screenshot shows the 'Diet log' tab selected in the top navigation bar. A dropdown menu is open over the 'Patient ID' field, showing the following options:

- Daily
- By frequency
- Survey
- Send the Internet link (highlighted with a red box)

3. Select the type of Diet Log

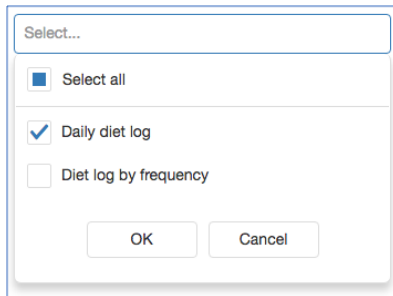
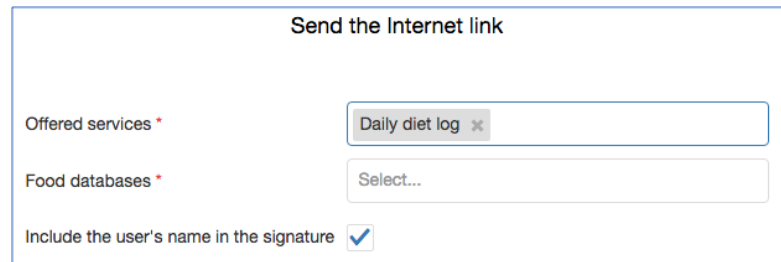


The screenshot shows a dialog box titled 'Send the Internet link'. It contains the following options:

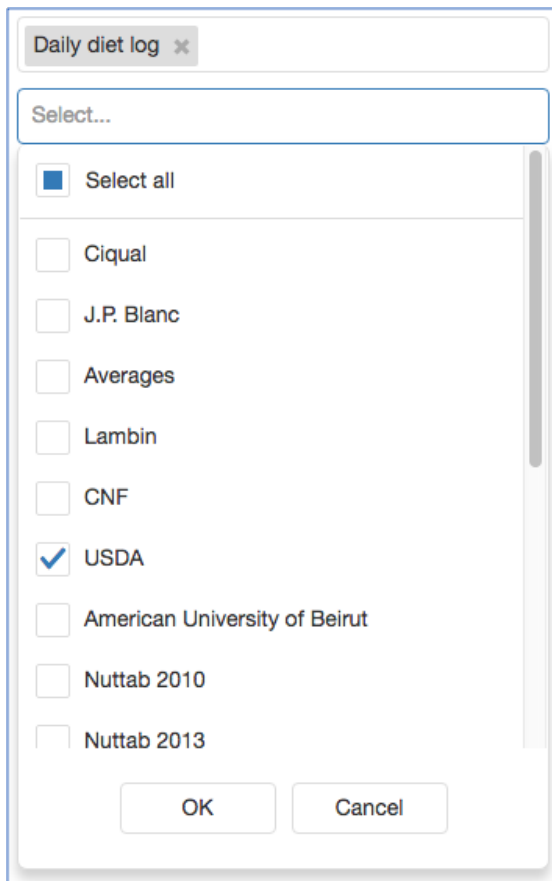
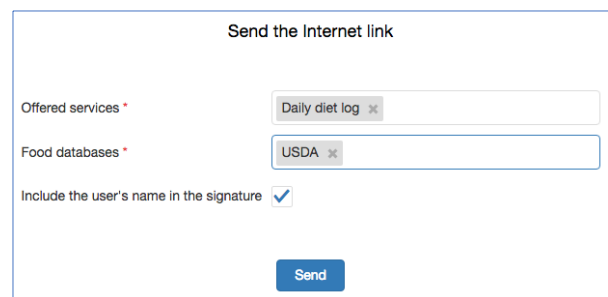
- Offered services: (dropdown menu)
- Food databases: (dropdown menu)
- Include the user's name in the signature: (checkbox, unchecked)
- Select all: (checkbox, unchecked)
- Daily diet log: (checkbox, unchecked)
- Diet log by frequency: (checkbox, unchecked)

Buttons for 'OK' and 'Cancel' are located at the bottom of the dialog box.

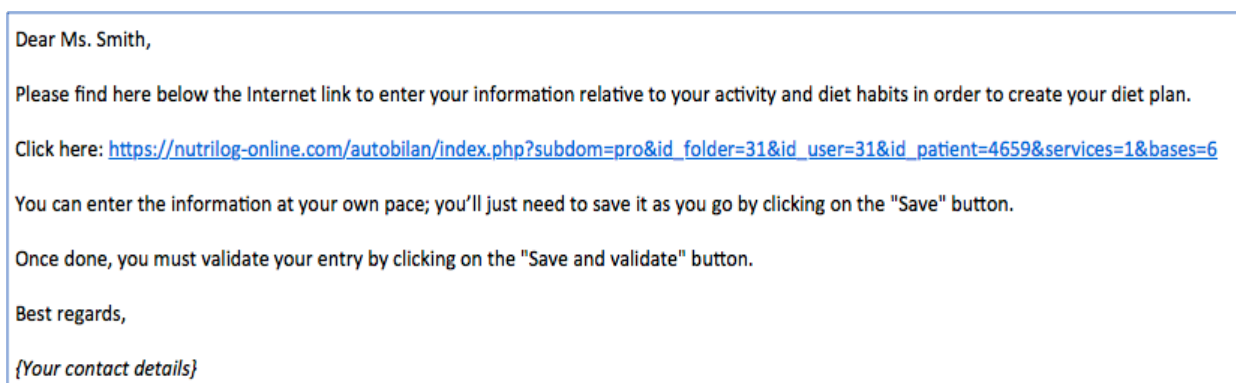
4. Check the "Daily diet log" box and click on OK

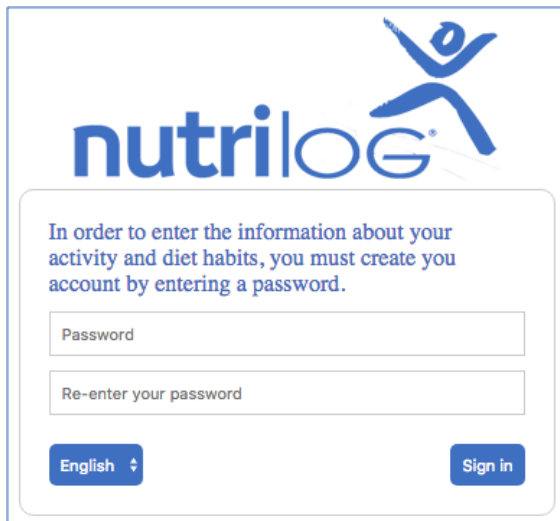
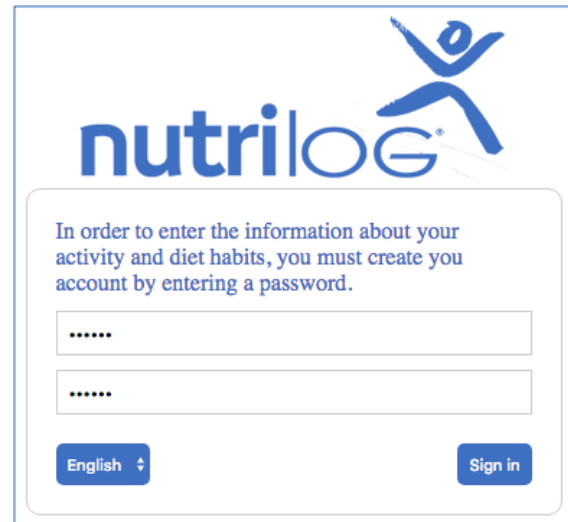
5. Select the food databases that you want patients to use and click on OK. Check the "Include the user's name in the signature" box if you want your name to show in the email sent to patients. Click on Send: The link is automatically sent to the patient email address shown in the Profile.

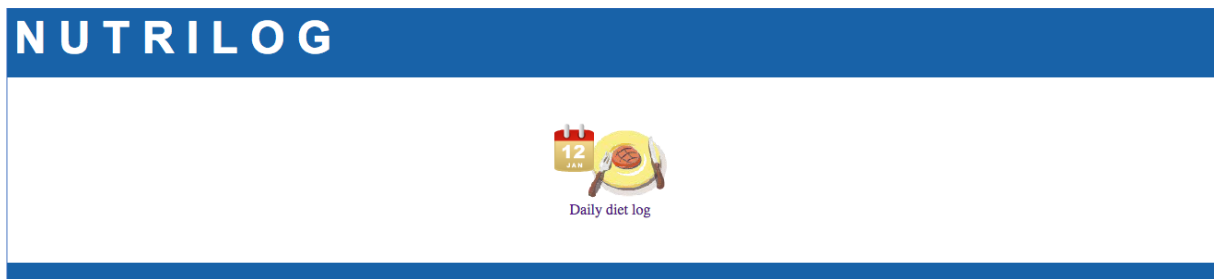
6. The patient receives an email with the link to connect to the online diet log



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

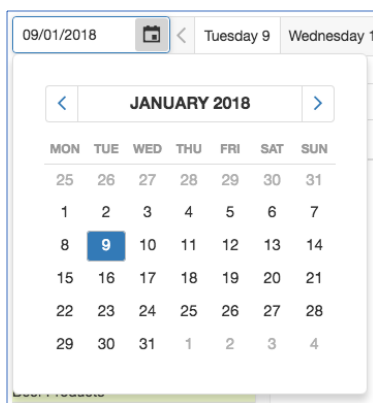



8. The patient has then access to the service homepage and may click on the “Daily diet log” option.

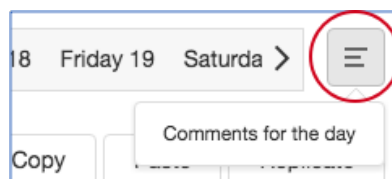


9. Once the entry screen is open, the patient can enter diet data:

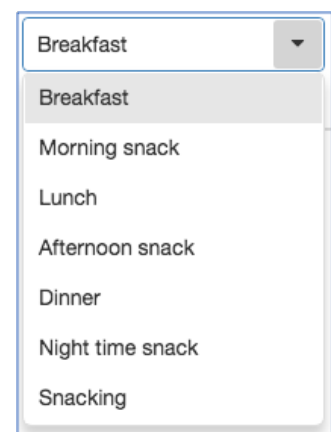
Selection of the date of the meal



Addition of a comment for the day



Selection of the meal



Search foods by category

Beef Products

Beverages

**Finfish and Shellfish Products**

Legumes and Legume Products

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Search

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...

Search foods with the search engine

Search 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...	oz
Fish, lingcod, cooked, dry heat	
Fish, lingcod, liver (Alaska Native)	Gram(s)
Fish, lingcod, meat, raw (Alaska Native)	Ounce(s)
Fish, lingcod, raw	

Fish, cod, Atlantic, dried and salted	
Fish, cod, Atlantic, raw	fillet
Fish, cod, Pacific, cooked (not previo...	oz
Fish, cod, Pacific, cooked, dry heat (...)	
Fish, cod, Pacific, raw (may have bee...	Gram(s)
Fish, cod, Pacific, raw (not previously...	Ounce(s)
Fish, lingcod, cooked, dry heat	
Fish, lingcod, liver (Alaska Native)	

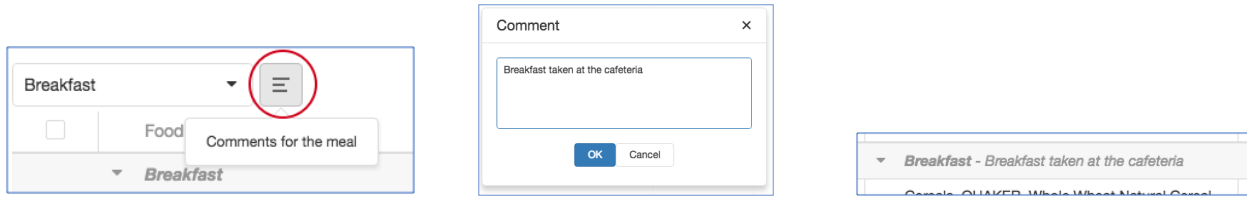
The quantity or the number of portions can be changed by clicking on the food cell of the # column

<input checked="" type="checkbox"/>	Fish, cod, Atlantic, raw	3	oz	85g
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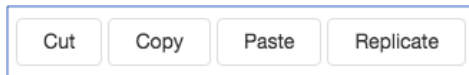
The portion can also be changed by clicking on the food cell of the Portion column

<input checked="" type="checkbox"/>	Fish, cod, Atlantic, raw	1	fillet	231g
			<ul style="list-style-type: none"> <li>fillet</li> <li>oz</li> <li>Gram(s)</li> <li>Ounce(s)</li> </ul>	

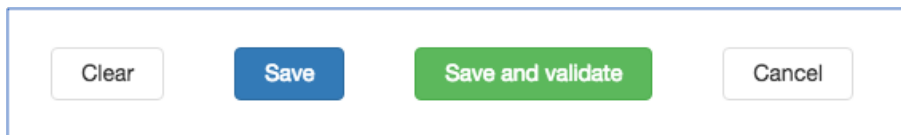
Patients can add comments to meals by clicking on the icon to the right of the meal choice: Once validated, comments are displayed besides the name of the meal.



Patients can use Cut, Copy, Paste and Replicate functions to save time for repetitive entries.



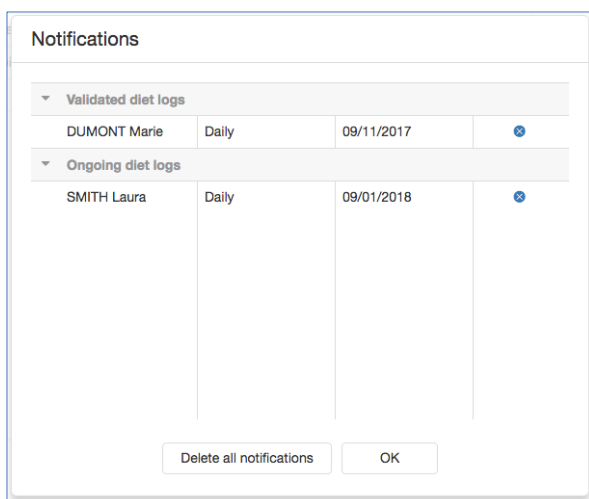
10. Patients can simply “Save” their entry and come back later to finalize it, or “Save and validate” if their entry is completed.



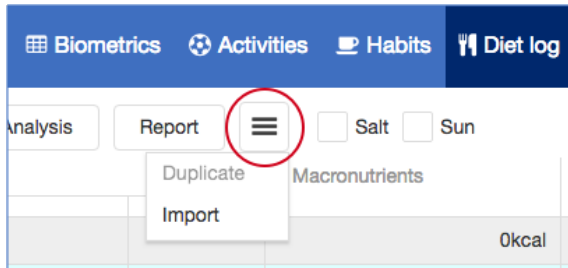
11. The users receives a notification within the application



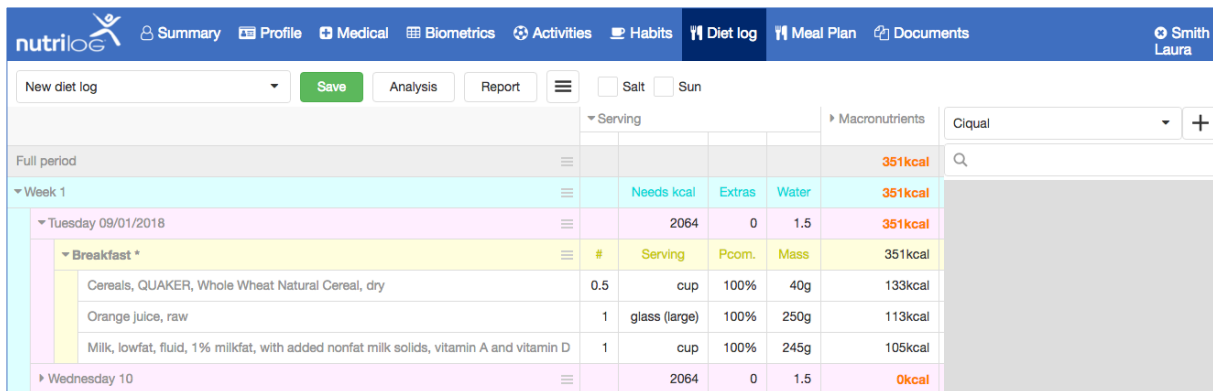
12. Notifications can be viewed by clicking on the “Bell” icon; Ongoing diet logs (saved but not validated) and validated diet logs are then displayed.



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.



	Needs kcal	Extras	Water	Macronutrients
Full period				351kcal
▼ Week 1				351kcal
▼ Tuesday 09/01/2018	2064	0	1.5	351kcal
▼ Breakfast *	#	Serving	Pcom.	Mass
Cereals, QUAKER, Whole Wheat Natural Cereal, dry	0.5	cup	100%	40g
Orange juice, raw	1	glass (large)	100%	250g
Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D	1	cup	100%	245g
▶ Wednesday 10	2064	0	1.5	0kcal