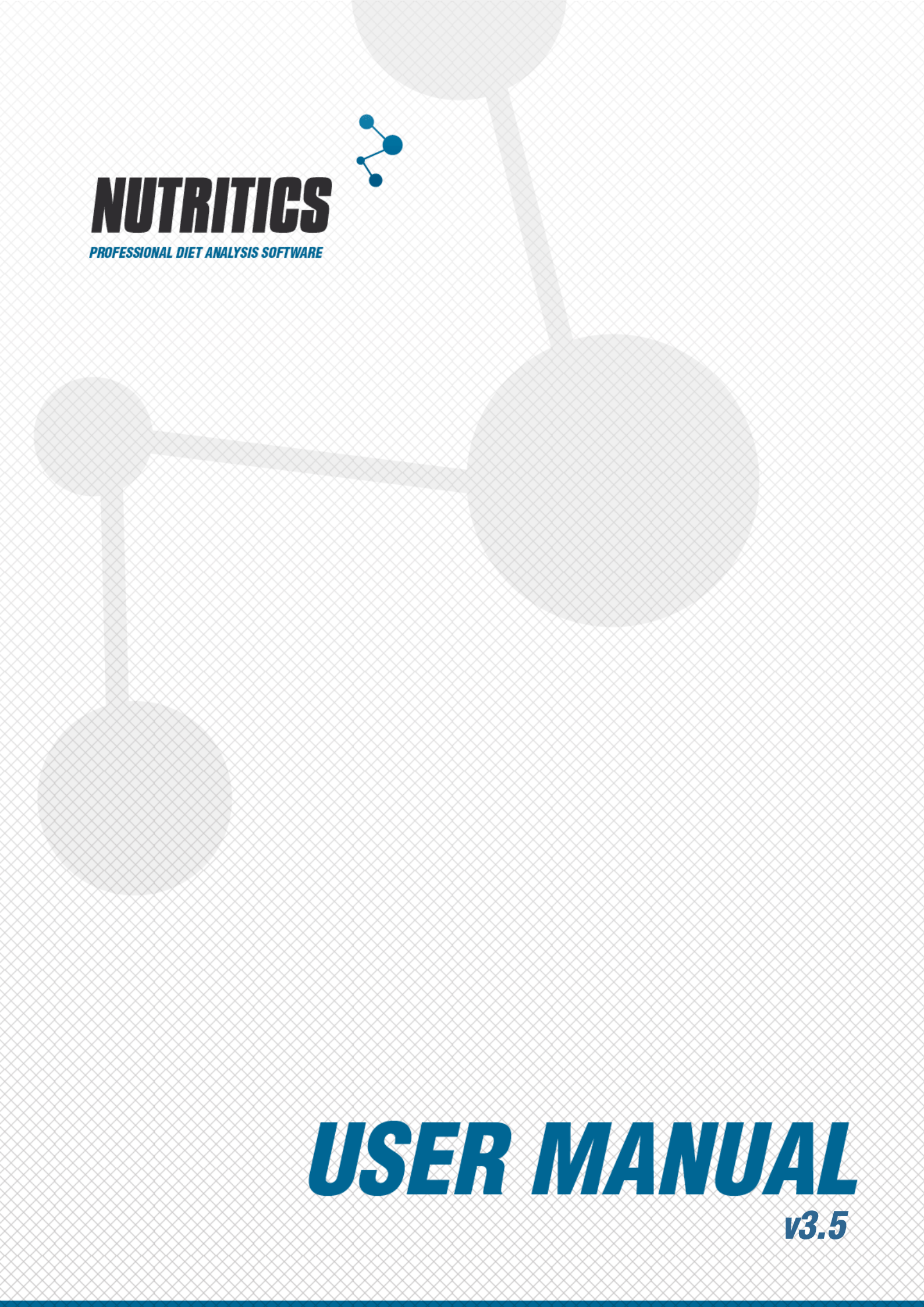




NUTRITICS

PROFESSIONAL DIET ANALYSIS SOFTWARE

USER MANUAL

v3.5

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TUTORIAL VIDEOS:

A range of tutorial videos are available which demonstrate some of the key features in Nutritics. Look for the video reel icon  in this guide to access the videos. Videos can also be accessed from within Nutritics by clicking **Menu>User guide**, or by visiting our website.

Available videos include: (hold ctrl + click to access)

[A quick start guide](#)

[Installing the software on windows](#)

[Installing the Chrome Web App](#)

[Setting up a new client](#)

[Creating a diet log](#)

[Adding and editing foods](#)

[Creating a recipe](#)

[Reporting](#)

DOWNLOAD AND INSTALLATION:

You must have an account registered in order to sign in to the software. Registration is free on [our website](#) and includes a fully functional 14 day trial. You will also be emailed a link with download instructions after registering. If you do not receive this email, please check your spam/junk mail folder or [contact us](#).

Nutritics can be downloaded and used on all of the computers you use without restriction. Your user data will be synced automatically across each computer and backed up to our secure server.

Downloading and Installing Nutritics (Windows)



You can download the desktop application at nutritics.com/p/downloadnow or from the link in your welcome email. Click the link and select the location where you want to save the file. When the download is finished, double clicking the file (NutriticsProfessional-installer.msi) will run the installation wizard which will guide you through the process.

If you experience any difficulties with the installation, you may need to contact your network administrator to complete the installation. If you do not have an administrator or are still experiencing problems you can try one of the other access methods below, or [contact us](#) for support.

Note: Windows RT used on some of the surface models does not currently support .exe or .msi desktop applications (please use an option below instead)

Accessing Nutritics without Installation (Windows)

There are a number of options available if you cannot install, or would prefer not to install programs on the computer (many networked computers in work or Universities have a firewall or security which means only administrators can install programs).

1. If you use Google Chrome's web browser you can run Nutritics directly in the browser. Navigate to our website and click the login button, or type nutritics.com/app into your URL bar (you can bookmark this page)

2. Alternatively, if you use Google/Chrome apps, you can install our web app from the Chrome web store. Simply copy and paste the link below into your **Chrome** web browser to access install the plugin <https://chrome.google.com/webstore/detail/haiikldmnkhailcbppkpphadlnkpkobf>

If you do not have Google Chrome installed, you can get it [here](#) at no cost.

3. You can download Nutritics portable and run it directly, either from your computers desktop/personal drive or from a USB memory key. To download Nutritics Portable see nutritics.com/p/downloadnow.

Using Nutritics on Non-Windows Platforms (Mac, Linux):



1. Navigate to our website and click the login button, or type nutritics.com/app into your URL bar.
2. Alternatively, if you use Google/Chrome apps, you can install our web app from the Chrome web store. Simply copy and paste the link below into your **Chrome** web browser to access install the plugin <https://chrome.google.com/webstore/detail/haiikldmnkhailcbppkpphadlnkpkobf>

If you do not have Google Chrome installed, you can get it [here](#) at no cost.

NUTRITICS MENU AND SETTINGS:

The Nutritics menu  is available in the top right corner after logging in to Nutritics. The menu provides various support tools and account specific features such as changing your password, updating your personal details, and exporting your client data.

Settings

Navigating to **Menu>Settings** will open the settings for Nutritics. The settings menu is made up of various tabs:

Your Profile: Shows your contact information and business details that Nutritics has on file. You can edit these details from this tab. Nutritics Professional users can upload your business logo here to brand the reports (not available on Nutritics Light)

Your Account: Shows the Nutritics version number, license renewal date and details of last login. You can manage your subscription, turn off autorenewal and view past invoices here. You can also change your password, delete all client data and download your client data in .CSV format from this tab.

Preferences: Toggle animations on/off, settings for the activity log calculation and more.

Databases: Shows a list of active databases being used in your version of Nutritics.

Generate: You can generate and print forms here (e.g. a diet diary for your client to complete).

Feedback: Send us your comments, suggestions and food requests.

User Guide:

The user guide takes you to our website where you can access support documents for Nutritics including tutorial videos, FAQ's and the latest version of this user manual.

Feedback and Bug Tracker:

The menu includes access to the bug tracker where you can submit, view and comment on bugs, feature requests and food requests.

NAVIGATING THE USER INTERFACE:

Nutritics has been designed to be as user friendly as possible with an intuitive panel design and scrolling animations.

For the purpose of this manual, the panels have been labeled as follows:

Panel 1: Client list/Create Client

Panel 2: Client information

Panel 3: Energy Requirements and log select options

Panel 4: Food entry panel

Panel 5: Diet logging panel

The image shows a composite of five panels from the Nutritics software interface, each labeled with a red circle containing a number:

- Panel 1:** Client list/Create Client. A table with columns for client names and a search bar.
- Panel 2:** Client information. A form for entering client details, including personal details, energy requirements, and contact details.
- Panel 3:** Energy Requirements and log select options. A section for selecting diet logs and entering energy requirements.
- Panel 4:** Food entry panel. A section for entering food items, including a search bar and a list of food items.
- Panel 5:** Diet logging panel. A table for logging diet data, including columns for food items and meal counts.

Navigation buttons are found throughout Nutritics at the top left of screen



You can also use the shortcut **ctrl + left** or **ctrl + right** to move the screen from side to side.

As you work between diet logging, recipe creation and meal planning screens, navigation tabs will appear to help switch between these views quickly.



Saving Your Work:

All data entries are saved automatically with each mouse click. You can close Nutritics at any time and your data will be preserved.

Deleting a Record/Log

You can delete a diet log or meal plan by clicking the small x beside the logs name in panel 3, or by right clicking on a log/client and selecting delete. Note that you can delete a client and ALL associated data by clicking the x beside their **name** in panel 1. A warning box will confirm that you want to erase all information for this client, this cannot be undone.

Duplicating and Transferring logs:

You can duplicate diet logs and meal plans by right clicking the log from the list in panel 3 and selecting the relevant option from the context menu. You can also transfer these logs to a different client by right clicking and selecting the 'move to client...' option from the list. This can be particularly useful if you want to transfer a previously created meal plan as a template for a new client.

Food Search:

The food search is an integral part of Nutritics. The search bar is always located in the top left of the screen when logging a diet or activity diary, creating a meal plan or creating a recipe. Press **F3** or click the search box to begin searching. Results are returned once at least 3 characters have been entered in the box, matching the exact character string to foods, descriptions and keywords in the database. Direct matches to the search letters appear in bold while other matches appear in regular font. The search also ranks the returned foods in order of their popularity.

There are a number of methods to refine a search if too many/irrelevant results are being returned:

Exact Match: Wrapping your search term in “quotation marks” will search the database for that exact phrase or word sequence.

Category Search: Adding the prefix **cat:** before a search term will return all foods in that category, for example **cat:fruits** or **cat:meat products**.

Search Filter: A search filter appears at the top of the search results following a search. Click on a category to refine the results.



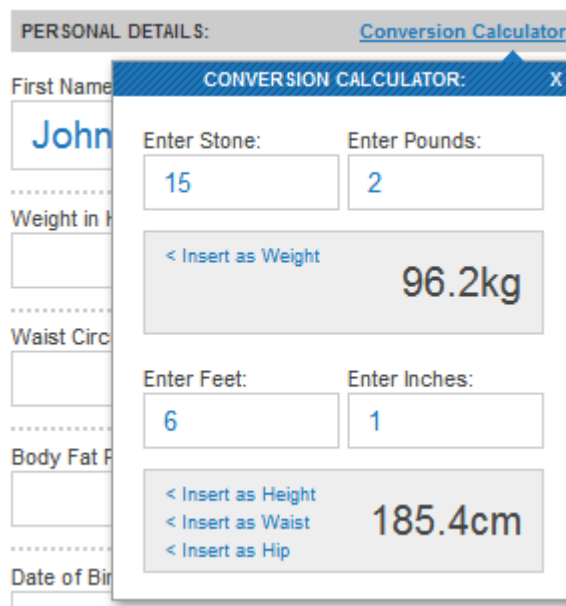
Compare Foods:

You can compare the nutritional profile of up to 6 foods or recipes at a time. Right click on a food from the search results and click the compare option from the context menu. Repeat for all foods you wish to compare.

FOOD		LOG	COMPARE			
Nutrients per 100g ...		EU Labelling	Beef, sirloin steak, grilled medium-rare, lean	Beef, fillet steak, grilled, lean and fat	Beef, flank, raw, lean and fat	Beefburgers, homemade, grilled
Energy ...						
Energy(Kcal)		2000	176	200	266	289
Energy(Kj)		8400	737	839	1105	1200
Macronutrients ...						
Carbohydrate		230g				1.1g
Protein		50g	27g	29g	19.7g	25g
Fat		70g	7.7g	9.5g	21g	21g
Water			64ml	62ml	60ml	50ml
Alcohol						
Carbohydrate Components ...						

SETTING UP A NEW CLIENT:

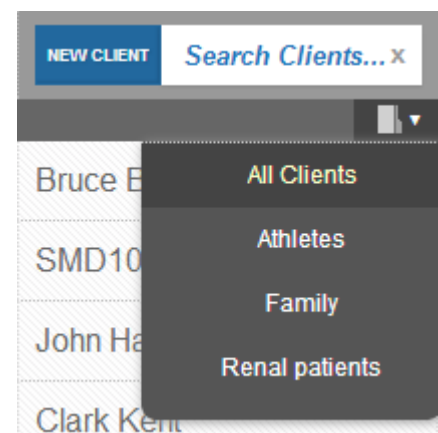
After you log in, click the **NEW CLIENT** button in panel 1. Panel 2 will then expand so you can input the client's personal details, activity level, contact details and any other notes about your client. Fill in any details you wish to save, paying close attention to the **format of the units**. If you enter these details incorrectly, the clients RMR figure will be incorrect and the reports will not be able to generate. The built in unit converter at the top of panel 2 can assist you convert pounds/stone to kilograms and feet/inches to cm.



The screenshot shows the 'PERSONAL DETAILS' form with a 'Conversion Calculator' overlay. The form fields include First Name (John), Weight in kg, Waist Circ, Body Fat P, and Date of Bir. The 'Conversion Calculator' overlay has two sections: one for weight conversion (Enter Stone: 15, Enter Pounds: 2, result: 96.2kg) and one for height conversion (Enter Feet: 6, Enter Inches: 1, result: 185.4cm). The calculator also has buttons to '< Insert as Weight', '< Insert as Height', '< Insert as Waist', and '< Insert as Hip'.

Grouping Clients:

You can assign a client to a group for easy retrieval and sorting. Click the **NEW GROUP...** + button in panel 2. Type the desired group name in the pop up box. You can add multiple group categories and/or add clients to existing groups. Groups are stored in the small folder icon at the top of the client list panel (panel 1). Selecting a group will filter clients by that group.



The screenshot shows the 'NEW CLIENT' button and the 'Search Clients...' dropdown menu. The dropdown menu is open, showing a list of groups: All Clients, Athletes, Family, and Renal patients. The client list in the background includes Bruce E, SMD10, John Ha, and Clark Kent.

Calculating Energy Requirements:

An individual's Estimated Energy Requirement (EER) can be calculated using Nutritics using a number of methods; these are selectable from the EER drop downs within Nutritics (Report page and Meal plan builder).

1. **Estimated Average Requirement (EAR)** – Provides a set guideline based on population average energy requirements (e.g. from the COMA guidelines in the UK). The EER will not be customised to your client's specific activity level or weight.
2. **Formula with Physical Activity Level (PAL)** – Uses a predictive equation to first calculate RMR/BMR, then applies a PAL multiplication to the RMR/BMR figure based on the occupational and exercise activity level selectors in the Client Profile section (panel 2).
3. **Formula with PAL and Exercise Associated Thermogenesis (EAT)** – Similar to option 2 but also adds any exercise activities included in the activity log. PAL should generally be set to 1.2-1.4 if using this method to account for Non Exercise Activity Thermogenesis (NEAT) and Dietary Induced Thermogenesis (DIT).
4. **Formula with EAT, NEAT and DIT** – Most accurate method, but requires a detailed food and activity log. Uses a BMR/RMR formula + the sum of all activities (NEAT) & exercise (EAT) + the energy expenditure associated with the processes of digestion.

RMR/BMR formula:

Energy requirements are estimated using an established metabolic rate formula and a Physical Activity Level (PAL) multiplier. Choose the RMR formula most appropriate to your client (or your preferred formula), in the **Energy Calculation Formula:** drop down box. Note that each formula requires certain details about your client, entered in the correct format:

Require gender, height (cm), DOB and weight (kg):

- *Mifflin St. Jeor 1990*
- *Harris Benedict 1919*
- *Henry 2005 (weight or weight & height formulae)*
- *Institute of Medicine 2005*

- *Schofield 1985*

Require body fat percentage and weight:

- *Katch McArdle 1996*
- *Cunningham 1980*

Body composition should be calculated elsewhere (from skin folds, bioimpedence, bodpod, DEXA or ultrasound methods) and the final body fat percent should be entered into this field.

You can override the RMR/BMR formula and directly enter a value if you have assessed this in a

lab/clinical setting. Simply enter the value (kcal) in the RMR box at the top of panel 3  and press enter. Clicking the blue arrow  will recalculate RMR based on the client details and formula selected.

PAL Multiplier

The 'occupational' and 'exercise activity level' drop down boxes will help you estimate your clients PAL multiplication factor. This is applied to the RMR/BMR figure to calculate energy requirements. Simply choose the most appropriate activity factors from the drop down lists. You can override this multiplier if you wish by entering a PAL value in the  box at the top of panel 3 and pressing the enter key.

Clicking the blue arrow  will recalculate PAL based on the activity levels selected.

Athlete Type:

Nutritics will customise nutrient requirements based on the athletic factor selected. These guidelines are applied from current sports nutrition recommendations (see the section on Dietary Reference Values (DRVs)). Your client must be aged 18-55 years and 'Nutritics' must be selected as the Dietary Reference Value source to enable this feature (Nutritics is the default DRV source, see reports section).

Estimated Energy Requirement Adjustment:

This field enables an adjustment to the final EER target to allow for any weight modification goal. Simply use the plus or minus buttons to add/subtract 100 kcals per click, or type directly into the box. Nutritics provides a crude calculation of the estimated weight change this modification will induce. This adjustment applies regardless of which method of calculating EER is used (see above).

EER Adjustment (in Kcal)

-	400	+	Gain 0.36kg/0.8lb per week
---	-----	---	----------------------------

Pregnancy/Lactating Adjustment (female clients only)

This modifies the EER and target intake for certain nutrients based on the stage of pregnancy or lactation. This adjustment applies regardless of which method of calculating EER is used (see above).

CREATING A DIET & ACTIVITY LOG:



Quick Tip: You can generate a professional food & exercise diary from within the software to print or email to your client. Navigate to **Menu > Settings** and click the 'Generate' tab to access the forms. Enter the number of days you require in the box in panel 3 then click the **go** button.

To create a diet or exercise log, select or set up a new client (see above), then click the button in panel 3. This will take you to the log entry screen below:

CREATE NEW

The screenshot shows the 'CLIENT LOG' interface. Annotations include:

- 1: Title the log**: Points to the 'Untitled' text field at the top.
- 2: Select multiple day log or a meal by meal log (single day) by clicking the blue text**: Points to the 'x Day Log' button.
- 3: Search for a food**: Points to the 'Search Foods...' input field.
- Opens the recipe creator/stored recipes**: Points to the 'NEW RECIPE' button.
- You can add any private notes for yourself here**: Points to the 'NOTES' button.
- You can sort a log by any column heading here with a click**: Points to the 'Day 1', 'Day 2', 'Day 3' column headers.
- Toggles on/off full screen typing for the recommendations box**: Points to the toggle switch next to the 'Recommendations:' section.
- You can add recommendations/notes for your client here. These will be added to the text section of the final report.**: Points to the 'Recommendations:' text area.

Text on the screen includes: 'If you cannot find a food, you can request it here and we will do our best to add it to our database.', 'Search for a food to begin logging', and 'Recommendations:'.

Toggle between a food log and an exercise log using the **FOOD** **ACTIVITY** buttons at the top of the log. Activity data is from the 2011 Compendium of Physical Activities which is quantified in Metabolic Equivalents (MET). By default, Nutritics applies a correction factor and converts the METs to kcal/kJ. The RMR contribution of each activity is also removed from the MET (as daily RMR has already been calculated using the RMR/BMR formula for your client). These settings can be changed from Menu>Settings>Preferences. In addition to using the MET table activities for logging energy expenditure, you can also directly enter kcals burned for an activity by searching for the term 'Custom Kcal entry'.

Reviewing and Entering Items:

A number of features have been implemented to assist accurate food/activity selection. Clicking a food from the search results will open a summary box detailing the food category, macronutrient content (per 100g) and estimated kcal distribution (in percentage). Similarly, clicking an activity from the list of results will show category and kcal/kJ expenditure per hour. Hovering the mouse over a search item will show additional descriptive information such as the database source, ID number and number of data points sampled, where available.

You can also view the full nutritional profile of a food by clicking the  button located beside the insert button in the summary box:

Wholemeal bread, toasted

Brown bread, average

207 Calories per 100g

76% carbs 42.1g

15% protein 7.9g

9% fat 2g



INSERT >

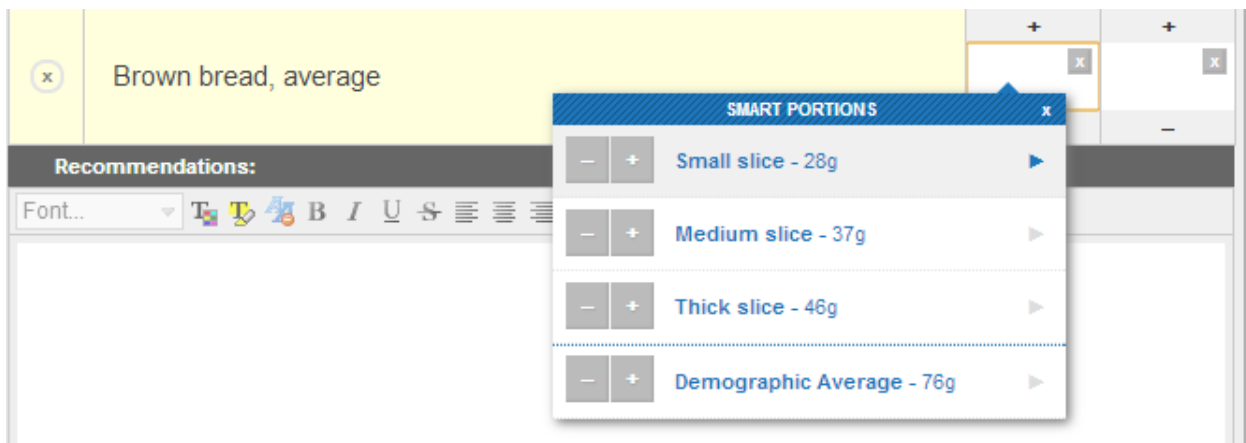
Breads

White bread, toasted

Once you have reviewed a food/ activity and are satisfied it is appropriate, click the  button to add it to the log.

Smart Portions:

Nutritics provides a large number of portion sizes for foods in the database. These are assigned to foods from various portion size resources, manufacturer's data or from direct weighing by trained Nutritics staff. Click on the box under the corresponding entry point (day/meal) to enter a portion size. A smart portions box will open if they are available for the food selected.



Use the   buttons to modify a smart portion. A single press on + will add 1 to the portion multiplier, while a single press on – will subtract .5 from the smart portion. This enables flexible entry of smart portions. It is also possible to manually type a portion size in grams in the box provided. If you have collected a weighed food diary, this is always more accurate than using smart portions.

Nutritics also provides demographic portion size options for many foods, which have been adapted with permission from the research on the National Diet and Nutrition Survey by Wrieden & Barton, 2005. These portion sizes take account of your client's age and gender and indicate the average portion size consumed by this demographic group.

As you progress through a client's diet diary, you may encounter foods that were consumed again and again on the same day, for example, tea with semi skimmed milk. There is no need to try and add the totals manually, selecting another smart portion will automatically add the portion sizes together if there is data already present in the box. If the same foods are eaten across multiple days or meals, there is no need to search for the food again. Simply click the corresponding box for that day/meal and enter a new portion weight or smart portion:

Food		unsorted	Day 1	Day 2	Day 3	Day 4
x	Tea, infusion, average, with semi-skimmed milk		+	+	+	+
			520 	190 	780 	450 
			–	–	–	–

The grams display box also functions as a calculator if you want to add individual weights as opposed to using smart portions. You can add, subtract, multiply or divide by typing the symbols +, –, *, / respectively.

Food		Day 1
		+
x	Tea, infusion, average, with semi-skimmed milk	520*2
		-

Press Enter ➡

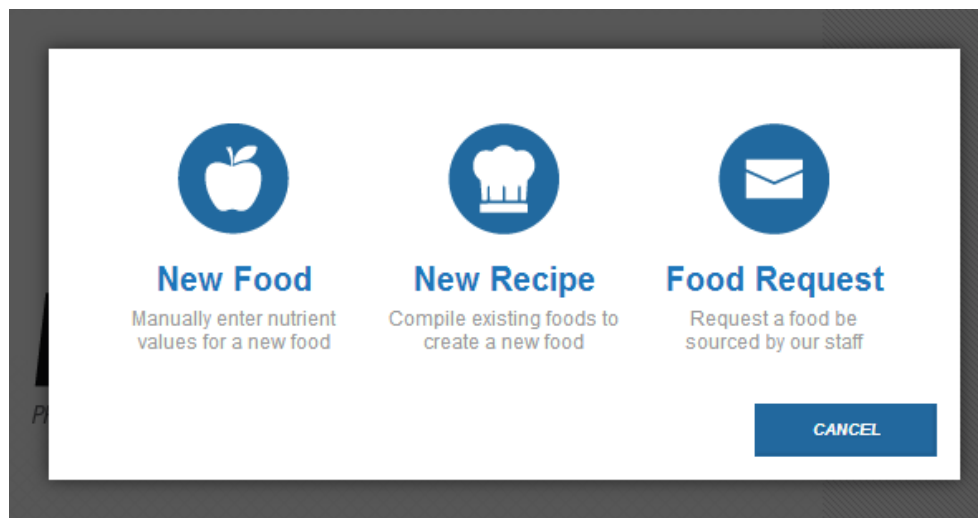
Day 1
+
1040
-

ADDING NEW FOODS TO THE DATABASE:



You can add new foods, products and supplements to Nutritics from label data or from laboratory analysed values. Data is automatically converted from label data to be compatible with the existing food standards used in Nutritics.

Click the **NEW FOOD** button at the top of the search panel (panel 4) to launch the wizard:



Adding New Food Items from Label Data:

1. Click 'New Food' from the options presented to add a product from label data or other data source
2. Title the food and provide a description with any additional information (for example, manufacturer, data source, flavour, searchable keywords or any other background information)
3. Click  to choose a category for the food
4. Add any allergy information detailed on the product packaging or ingredients from the drop downs, if available
5. Check if the label/data is presented per 100g of product - adjust the box **Label values per** **g:** as necessary
6. Fill in the label data exactly as presented on the label

7. Click  - data will be automatically converted to database standards*
8. Add any additional nutrient information, such as vitamins and minerals in the 'food detail' section below the label data.
9. Scroll down to the bottom of the page to add portion size options, these will be presented later when you add the food to a log/recipe/meal plan.
10. All data is saved automatically with each action

*Note: You can choose not to convert label data to database standards by unchecking the  ☒ box at the top of the food detail section (not recommended).

Using an Existing Food as a New Food Template:

When adding new foods, you can often find a similar food in the database that is a close match to the food you wish to add. Using an existing food as a template can be useful where detailed nutritional information has not been provided, or is unavailable from the manufacturer.

Option 1:

To use an existing food as a template, click the 'new food' button and simply perform a search for the food you wish to import and use as a template. Clicking the  button will then add that food to the new food wizard. Follow steps 2-10 above to edit and tweak the nutritional information as necessary.

Option 2:

The food editor can be accessed from anywhere in Nutritics by searching for a food and inspecting it using the  button. Then clicking the  button in the toolbar at the top will duplicate the food so you can begin editing it immediately.

CREATING RECIPES AND ANALYSING MEALS:



Nutritics Professional includes a recipe creator where you can combine foods from the database into a new food entry. Recipes can be used in diet logs, meal plans or combined with other recipes to make full meals quickly and easily. The recipe creator can also be used to analyse meals and menus for food outlets, catering companies and restaurants in the UK and Ireland, and is suitable for the 'calories on menus' initiative in Ireland.

1. To open the recipe creator, click the  button beside the food search box in panel 4, then click the 'new recipe' button from the options presented.
2. Replace the text 'untitled' with the recipes name
3. Provide a description with any additional information (for example, recipe source, weblink, searchable keywords or any other background information)
4. Search for and insert ingredients from the search box at the top left of the screen
5. Enter the quantity of all ingredients in grams and add a 'friendly measure' (eg. 1 cup, 1 teaspoon etc) in the space provided if desired (useful if you are giving recipe cards to clients to cook themselves)
6. As you add quantities, the nutritional information and allergy information will update in real time
7. Add a weight loss factor (see appendix 5) and/or specify the number of portions the recipe serves
8. Add up to 5 portion size options in the box provided at the bottom of the screen
9. Add cooking directions and any notes
10. All changes are saved automatically with each action

Choosing Appropriate Ingredients

The foods you choose will affect the final recipes nutritional content and accuracy. Please note that at present Nutritics does not account for minor nutrient changes that occur with cooking method or cooking duration. A recipe should therefore be entered as close to the 'as eaten' form as possible if micronutrient data is important. For example, avoid entering raw carrots to your recipes if the end product will be cooked before consumption.

In many cases however, it may be more appropriate to enter all ingredients as raw, for example, if you are performing a nutritional assessment for the purposes of calorie labeling or if you do not know the ingredients individual quantities after weight changes from cooking.

Using 'Opt Groups':

Option groups are an advanced feature of the recipe creator where alternate ingredients can be entered as options in your recipes. For example, you may give the option of selecting between olive oil, sunflower oil or blended oil or between brown rice, white rice and basmati rice in your recipe. To make an 'Opt Group' simply enter all ingredients and any possible alternates you might use. Next, group similar foods with a number tags:

	Ingredient:	Quantity:	Opt Group:
x	Turkey, mince	x	1
x	Minced beef, extra lean	x	1
x	Beef, mince	500 x	1
x	Olive oil, extra virgin, light, spray Fry	x	2
x	Vegetable oil, blended	x	2
x	Sunflower oil	14 x	2
x	Olive oil	x	2

Only one entry in each 'Opt Group' can be used in the final recipe. If 500g of 'Turkey, mince' was entered in the example above, the 'Beef, mince' box would automatically clear.

Entering Recipes to a Diet Log:

Your recipes are searchable foods like any other food in the database. Simply search for the recipe as you would normally when searching for a food and they will appear at the top of results lists marked with an  icon. You can also browse and add recipes from the **MY RECIPES** tab below the food search box. You will be given the option to customize a recipe after it has been entered:

Food		unsorted	
x	Coffee R	<button>CUSTOMISE...</button>	
Total Recipe Contents:		Quantity	
Filter Coffee (infusion)	OPTION 1		x
Whole Milk	OPTION 2	35	x
Instant Coffee (from a jar)	OPTION 1	203	x
Skimmed Milk	OPTION 2		x
Semi-skimmed Milk	OPTION 2		x
Whitener	OPTION 2		x
Cream	OPTION 2		x
UHT Milk	OPTION 2		x
Sugar, white	OPTION 3	5	x
Artificial Sweetener	OPTION 3		x
Chocolate Sprinkles			x
Coffeemate			x

Note that a recipe is a template of a meal, and doesn't always need to reflect the exact portion/ingredients consumed. For example, a Bolognese recipe may list 500g of mince, 2 medium onions, 1 tin of tomatoes etc. for a total weight of 1200g (a meal for say, 4 people). In these instances, entering a portion size of 300g will enter one quarter of that recipe into the food diary (there is no need to customise the recipe quantities to reflect an individual portion). Obviously this requires detailed information about the total recipe.

Providing a Meal/Menu Analysis Service:

When analysing meals and menus for food outlets and companies, it is generally more accurate and practical to add all ingredients as raw, including any liquids (that are not drained off). Since total energy content does not vary with cooking (but energy density may with weight loss or weight gain from water losses), simply dividing the weight of the recipe by the number of servings that recipe provides is acceptable to calculate calories per serving. If you need to provide calories per 100g/100ml, then it is important to enter the recipes final cooked weight or weight loss factor (%), so that any change in

energy density can be accounted for. This obviously requires detailed information about the recipes weight before and after cooking/processing which you can enter in the box provided:

TOTAL WEIGHT:	497g
AFTER COOKING:	447
WEIGHT LOSS %:	10
TOTAL PORTIONS:	5

Nutritics automatically converts recipes from database standards to the latest food labelling standards which are mandatory as of 13th December 2014 ([Regulation \(EU\) No 1169/2011](#)). Food outlets should use detail from the labelling output for the purposes of displaying calories on their menus, highlighted below in red:

Food Labelling ...
 Label values per g:

Energy	499	kcal
Protein	8.4	g
Carbohydrate	22	g
of which sugars	23	g
Fat	41	g
of which saturates	27	g
Fibre	1	g
Sodium	0.3	g
or equivalent as salt	0.7	g

493 CALORIES PER 187G

17% Carbs	22.8g
7% Protein	8.4g
76% Fat	41.5g

TOTAL WEIGHT:	373.8g
AFTER COOKING:	374
WEIGHT LOSS %:	0
TOTAL PORTIONS:	2

Nutrient Breakdown per 187g...

Energy		Lipid Components		Vitamins	
Energy(Kcal)	493	Saturated fat	27g	Vitamin A (ret eq)	405µg
Energy(KJ)	2043	Monounsaturated fat	10.7g	Retinol	360µg
		cis-Mono	7g	Carotene	275µg
		Polyunsaturated fat	1.3g	Vitamin D	0.2µg
Carbohydrate	23g	Omega3(n-3)		Vitamin E	1mg
Protein	8.4g	Omega6(n-6)	0.6g	Vitamin K ₁	5.2µg
Fat	41g	cis-Poly	1.2g	Thiamin (B ₁)	
Water	110ml	Trans-fatty acids	1.2g	Riboflavin (B ₂)	0.3mg
Alcohol		Cholesterol	118mg	Niacin total (B ₃)	3.2mg
				Niacin	0.3mg
				Tryptophan (niacin eq)	2.8mg
				Pantothenic Acid (B ₅)	0.4mg
				Vitamin B ₆	
				Folic Acid (B ₉)	37µg
				Vitamin B ₁₂	0.4µg
				Biotin (B ₇)	5.9µg
					19.6mg
				Vitamin C	
					Other
				GI (estimated)	62
				GL	13.9
				PRAL	3.1

Note that a database analysis is not considered appropriate for analysing deep fried foods due to the high variability of water losses and oil absorption that can take place during cooking. We suggest searching the database for the closest food match and providing calorie information directly from this food (eg. “thick cut chips, fried in vegetable oil”, or “plaice goujons, fried in lard” etc)

***Disclaimer:** Allergen information is hugely variable between manufacturers and recipes so most manufactured products and composite dishes in the database have not been tagged with allergy information. Although Nutritics provides allergy information for basic foods (celery, soya, fish, sesame, nuts etc), it is wholly the responsibility of the licensees to ensure this information is accurate for their specific recipe formulation. Please check your ingredients and any packaged products in your recipes, and update and double check the allergen fields as necessary.

Recipe Costings Assessment

The recipe creator can calculate the cost per portion or cost per 100g for each recipe. Simply click on the costings box corresponding to each ingredient and enter the cost per unit of weight. You may use any variable of price and weight Eg. €5/10kg, or £3.10 per lb. Note that you must use the same currency within the same recipe. Once you add a cost to one ingredient, there is no need to continue to enter the currency symbol for subsequent ingredients. Once an ingredient is tagged with a cost, this will be reflected throughout all of your recipes that use this ingredient.

Recipe Ingredients ...		g	Measure:	Opt Group:	Cost:
☐	Banana	100 ☐	1 medium		€0.00
☐	Oats, raw	40 ☐	1/2 cup		€0.05
☐	Peanut butter, wholegrain	15 ☐	1 teaspoon		€0.06
☐	Water	125 ☐	1/2 cup		0.00
☐	Whey protein (vanilla or unflavoured)	15 ☐	1/2 scoop		€0.22
☐	Yogurt, low fat, plain	80 ☐	2 tablespoons		€0.09
+ ADD AN INGREDIENT					TOTAL COST: €0.41

NUTRITICS REPORTS:



Nutritics generates easy to interpret reports from the food data entered. To generate a report, click the **REPORT ►** button when you are finished logging foods in panel 5, or from the list of food diaries in panel 3.

Choosing DRV/RNI Source:

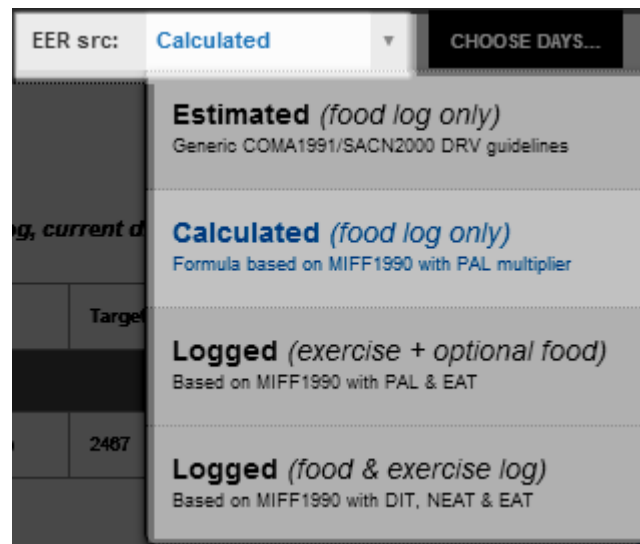
The top bar of the report provides customizations where you can choose which Dietary Reference Values (DRV's) to compare to a diet log(s). Options available include:

- UK/IRL: The Committee on Nutrition Aspects of Food and Nutrition Policy (COMA)
- IRL: Food Safety Authority of Ireland (FSAI)
- EU/Nordic: The Nordic Nutrition Register (NNR)
- USA: The Food Nutrition Board from the Institute of Medicine (IOM)
- NZ/AUS: The National Health and Medical Research Council (NHMRC)
- EU: The EU labeling Guideline Daily Amounts (GDA's)
- A Nutritics recommendation which combines macronutrient guidelines from American College of Sports Medicine (ACSM) with suggested dietary micronutrient targets for reducing the risk of developing chronic disease from the NHMRC. The Nutritics recommendations also show lower intake limits from the NNR and upper intake limits from the highest value deemed safe from the above authorities.

For more information on Dietary Reference Values and setting up custom DRV's, please see pages 35–39.

Choosing the EER Source:

You can choose the source of the estimated energy requirement figure using the 'EER source' drop down:



1. **Estimated Average Requirement (EAR)** – Provides a set guideline based on population average energy requirements (e.g. from the COMA guidelines in the UK). The EER will not be customised to your client's specific activity level or weight.
2. **Formula with Physical Activity Level (PAL)** – Uses a predictive equation to first calculate RMR/BMR, then applies a PAL multiplication to the RMR/BMR figure based on the occupational and exercise activity level selectors in the Client Profile section (panel 2).
3. **Formula with PAL and Exercise Associated Thermogenesis (EAT)** – Similar to option 2 but also adds any exercise activities included in the activity log. PAL should generally be set to 1.2-1.4 if using this method to account for Non Exercise Activity Thermogenesis (NEAT) and Dietary Induced Thermogenesis (DIT).
4. **Formula with EAT, NEAT and DIT** – Most accurate method, but requires a detailed food and activity log. Uses a BMR/RMR formula, plus the sum of all activities (NEAT) & exercise (EAT), plus the energy expenditure associated with the processes of digestion.

Choosing the Analysis Period:

By default, an entire diet log is averaged and displayed in the report. You can choose to analyse sections of a diet log by clicking the **CHOOSE DAYS...** button at the top of the reports page. This will open up a tick-box panel where you can choose the days to be analysed. Remember to click the **UPDATE REPORT** after selecting the analysis period.

If you have created a meal by meal diet log of a single day, the report combines all meals to give a total for the day. Similarly, you can analyse individual meals or combinations by clicking the **CHOOSE MEALS...** button and using the tick boxes. It is not possible to analyse individual meals across multiple days at present.

Interpreting the report:

The report is grouped into subsections under Energy, Macronutrients, Carbohydrate Components, Lipid Components, Minerals & Trace Elements, and Vitamins. Nutrient intake is represented by the black horizontal bars, while the RNI is indicated by a blue line or a blue bar (if the recommendation is a range). If the LRNI and SUL are available, they are represented by the red bars at the lower and upper end of the bar (respectively). If the black bar is within this range, the nutrient name will appear in red font and flagged with a ▶

Nutrient	Intake	RNI	Limits	Lower Limit	Actual Intake	Recommended	Upper Limit	
ENERGY								
Energy(Kcal)	2407	2007						<
Energy(Kj)	10084	8403						<
MACRONUTRIENTS								
Carbohydrate	257g	268g						<
Protein	93g	45g						<
▶ Fat	106g		>45g <78g					<
Water	2295ml			N/A				<
▶ Alcohol	16.5g		<14.3g					<

Nutrient intake is also given in numeric form in the 'Intake' vertical column, while the recommended intake and limits are given in numeric form in the 'RNI' and 'Limits' columns. Hovering the mouse over the black bar will display the nutrient intake as a percentage of total of the recommended intake. You can

print the percentages on the report in place of the limits by checking the option from Menu>Settings>Preferences.

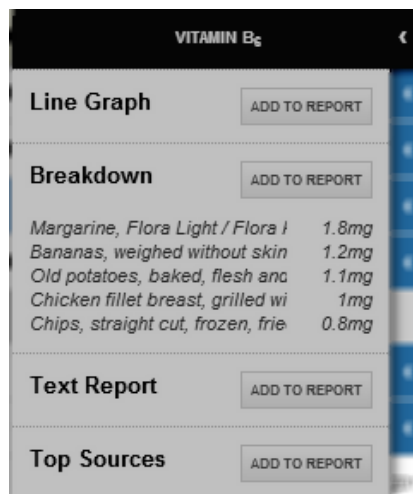
Quick Note: Fibre is hidden by default (greyed out) because the UK Composition of Foods Integrated Dataset reports fibre as non-starch polysaccharide (NSP) using the Englyst method instead of total fibre. Other databases used report both NSP and total fibre. Sugars are also hidden by default since the Irish food database does not report individual sugars, while the UK COFIDS do (although it is somewhat incomplete). Other data is hidden because it is not entirely relevant (e.g. tryptophan's contribution to Niacin)

Hiding/Removing Nutrients from the Report:

You can toggle on and off a nutrient by simply clicking on it. This will hide the nutrient (it will not be printed). This also works for groups of nutrients (e.g. you can toggle on/off all carbohydrate components by clicking the carbohydrate components heading. Some nutrients are hidden by default because they are not compatible across the different databases used in Nutritics and therefore are likely incomplete.

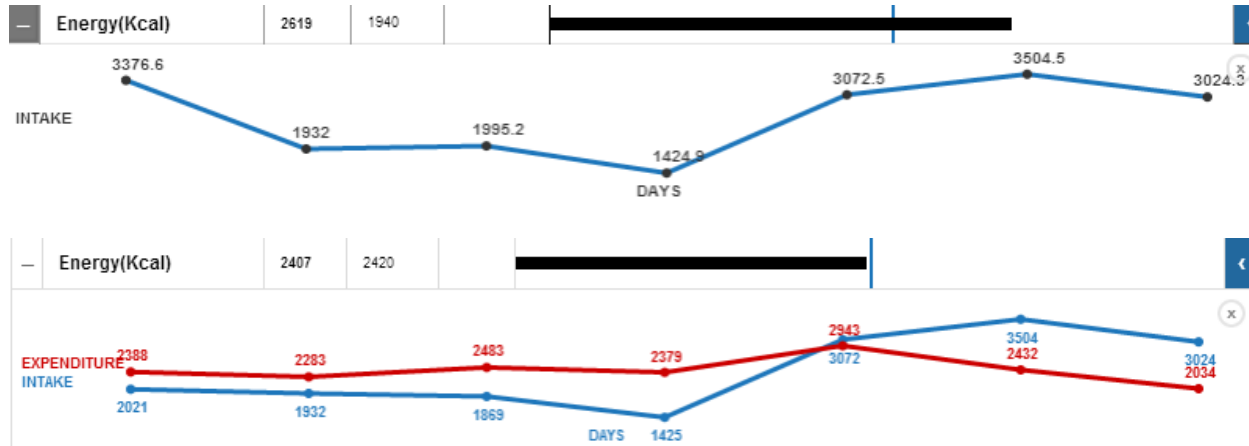
Fly-out Enhancements:

You can add quick enhancements and provide additional information on the report using the fly-out button  at the end of the nutrient row.



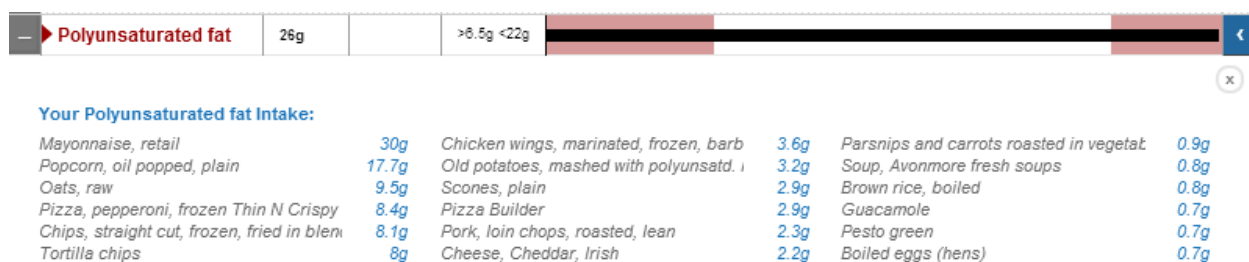
Line Graph:

Draws a simple line graph to illustrate intake over time. If activities are logged then these are also plotted on the graph.



Breakdown:

Adds a ranked breakdown of the contributing foods to a particular nutrient:



Text Report:

Adds background information about the nutrient. Text reports are sensitive to nutrient intake in relation to recommended intake. The text report also gives details of the implications of inadequate/excess intake and provides a list of foods which are rich sources of that particular nutrient.

— Polyunsaturated fat 26g >8.5g <22g

Polyunsaturated fat

Your polyunsaturated fat intake is above the recommended intake. The primary risk is that intake of free radicals from degraded fat will also be higher than normal, since even gently processed raw oils are oxidised to some degree before consumption. A high polyunsaturated fat intake has been linked to increased risk of certain cancers and other degenerative diseases.

Polyunsaturated fats are composed of carbon, hydrogen and oxygen and have two or more double bonds between their carbon chains. Polyunsaturates are liquid both at room temperature and when refrigerated. The most well-known polyunsaturated fats are the Essential Fatty Acids omega 3 and omega 6. These fats cannot be synthesised in the body and must be obtained from dietary sources. Polyunsaturated fats are very delicate and susceptible to lipid peroxidation from free radicals. This process can occur from processing or from exposure to light, heat or oxygen. When consumed, oxidised fat can have a mutagenic effect on other cells. Antioxidants such as vitamin E, selenium and vitamin A, as well as the structures provided by whole food (protein, fibre) seem to protect polyunsaturated fats from oxidation. For these reasons, it is best to consume polyunsaturated fats from whole food sources. Good dietary sources of polyunsaturated fat include sardines, salmon, tuna, walnuts, sunflower seeds, sesame seeds, flax seed, soybeans, and cold pressed vegetable oils and fish oils.

Top Sources:

Adds a list of the top 10-12 food sources for a particular nutrient, with serving size gram weight and 'friendly' measure.

— Selenium 42µg 60µg

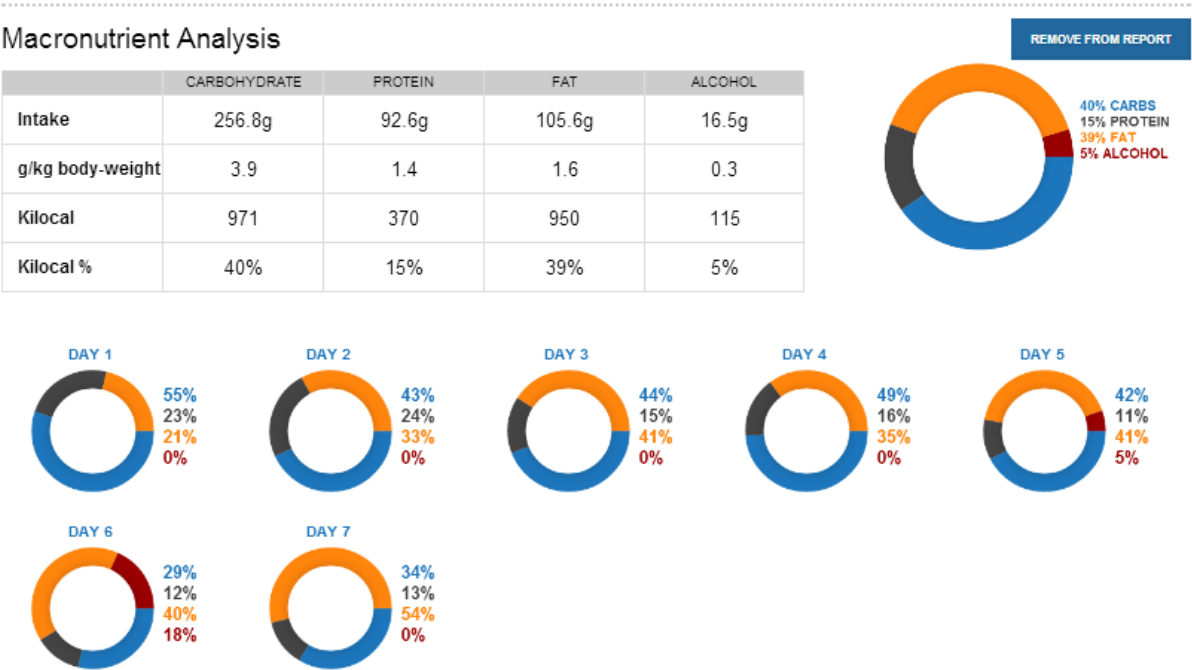
Top sources of Selenium include:

Brazil nuts, 6 nuts (30g)	76µg	Tuna, 1 small can (72g)	65µg	Sunflower seeds, 1 tablespoon (10g)	4.9µg
Crab meat, 1 serving (61g)	51µg	Kidney, 1 kidney (113g)	236µg	Goji berries, 1 tablespoon (12g)	4.4µg
Liver (lamb), 1/4 of liver (85g)	53µg	Lentils, 1 cup raw (100g)	112µg	Eggs, 1 average sized (50g)	5.5µg
Salmon, 1 steak (210g)	65µg	Swordfish, 1 average fillet (140g)	80µg		

Table Enhancements:

Macronutrient Breakdown:

Inserts a summary table detailing average macronutrient intake for the analysis period selected. This is presented as total grams, as grams per kg of body weight and as a percentage of total energy intake. The pie chart also illustrates the percentage contribution from each macronutrient as well as contributions on each day individually.



Diet Log Table:

Adds all source foods from the report to a list organised by day/meal

Diet Log

[REMOVE FROM REPORT](#)

DAY 1		DAY 2	
Yogurt, low fat, plain	125g	Yogurt, low fat, plain	125g
Oatmeal, raw	39g	Oatmeal, raw	39g
Bananas	100g	Bananas	100g
80% Whey protein powder	15g	80% Whey protein powder	15g
Water, tap, drinking	250g	Water, tap, drinking	1555g
Peanut butter Kelkin, no added sugar	7g	Peanut butter Kelkin, no added sugar	7g
Tea, infusion, average, with semi-skimmed milk	611g	Tea, infusion, average, with semi-skimmed milk	780g
Rye bread	75g	Margarine, Flora Light / Flora Pro-active	10g
Margarine, Flora Light / Flora Pro-active	20g	Barbecue sauce	21g
Jam, fruit with edible seeds	8g	Peppers, capsicum, red, raw	75g
Pork, loin chops, roasted, lean	150g	Chicken fillet breast, grilled without skin, meat only	125g
Barbecue sauce	84g	Sponge cake	39g
Brown rice, boiled	200g	Salad, mixed, 7 vegetables	200g
Apples, eating, Cox's Pippin, raw	20g	Coleslaw, with mayonnaise, retail	30g
Peppers, capsicum, red, raw	20g	Pesto green	4g
Crackerbread High Fibre/Cracotte Wholemeal	12.5g	Cheese, Cheddar, Irish	30g
Hummus	30g	Soda Bread	28g
Chicken fillet breast, grilled without skin, meat only	30g	Ham, sliced / luncheon	20g
Cream crackers	28g	Margarine, butter substitute	5g
Orange juice, unsweetened	250g	Pepper, black	1.15g
Brown rice, boiled	150g	Old potatoes, baked, flesh and skin	200g
		Cheese, cheddar type, half fat	30g
		Chocolate, milk chocolate	23g
		Crunchie	17g
		Skimmed milk, pasteurised, average	200g

Energy Expenditure Table:

Adds a table showing all factors contributing to Energy Expenditure (and their contributions).

Quick Note: Only available where activities have been logged

Energy Expenditure Analysis (shown in Kcal)

[REMOVE FROM REPORT](#)

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
RMR	1480						
DIT	208	187	144	116	223	302	195
DIT Ratio	10.3%	9.7%	7.7%	8.2%	7.3%	8.6%	6.4%
Activity	700	616	859	782	1241	650	360
NEAT	270	52	0	219	86	86	219
EAT	430	564	859	564	1154	564	141

Activities Log Table:

Adds all activities to the report to a list organized by day/session.

Activity Log

REMOVE FROM REPORT

DAY 1 rowing, stationary, general, moderate effort - 30min 148Kcal gardening, general, moderate effort - 60min 219Kcal walking, 5.0 mph (8.0 km/h), level, firm surface - 30min 282Kcal cleaning, sweeping, slow, light effort - 30min 52Kcal	DAY 2 walking, 5.0 mph (8.0 km/h), level, firm surface - 60min 564Kcal cleaning, sweeping, slow, light effort - 30min 52Kcal
DAY 3 rowing, stationary, general, moderate effort - 60min 295Kcal walking, 5.0 mph (8.0 km/h), level, firm surface - 60min 564Kcal	DAY 4 gardening, general, moderate effort - 60min 219Kcal walking, 5.0 mph (8.0 km/h), level, firm surface - 60min 564Kcal
DAY 5 rowing, stationary, general, moderate effort - 120min 591Kcal walking, 5.0 mph (8.0 km/h), level, firm surface - 60min 564Kcal cleaning, sweeping, slow, light effort - 50min 86Kcal	DAY 6 walking, 5.0 mph (8.0 km/h), level, firm surface - 60min 564Kcal cleaning, sweeping, slow, light effort - 50min 86Kcal
DAY 7	

Exporting, Printing and Emailing a Report:

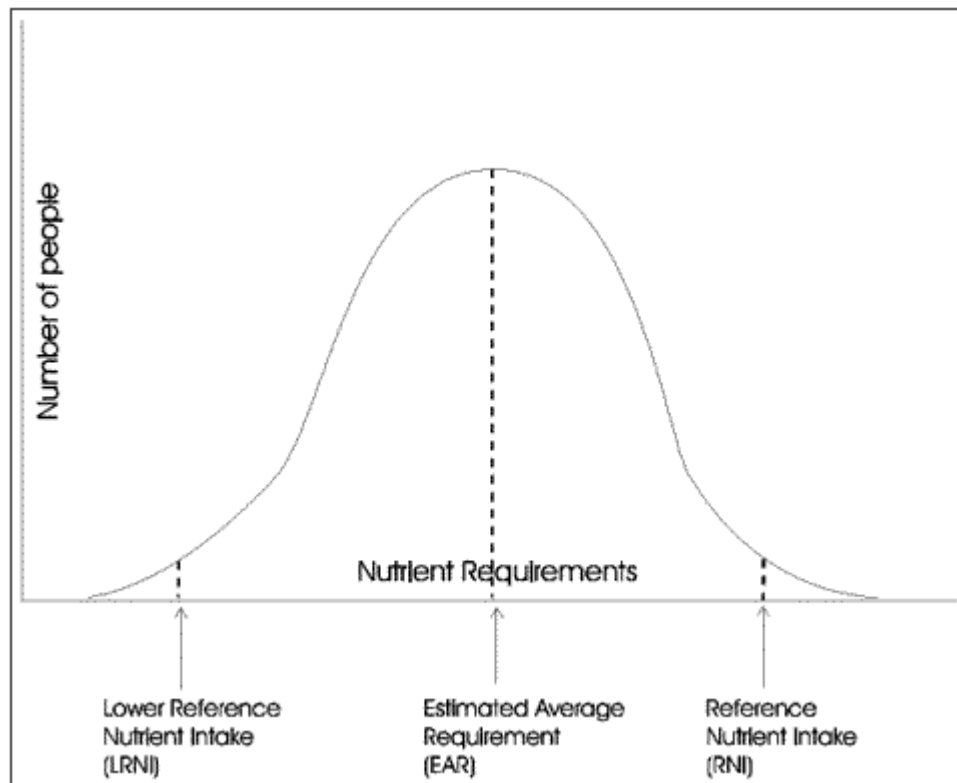
You can export to Microsoft excel (or other CSV editor), convert to a pdf file, print or email a report from the **EXPORT TO** button at the top of the report screen. Simply click the relevant option from the list.

White Labeling/Branding the Reports:

Nutritics Professional users can add their business logo to all reports in Nutritics. To add a logo, navigate to **Menu >Settings >My Profile** from within the software. Click the upload button and select a logo from your computer. The ideal picture size is 2000x500pixels which will span the header of the reports. You can also use smaller logos which will be automatically aligned to the right side of the report.

Dietary Reference Values:

'Dietary reference values' (DRV) are the umbrella term for a range of nutrient values that apply to a population or group, these may consist of numerous components:



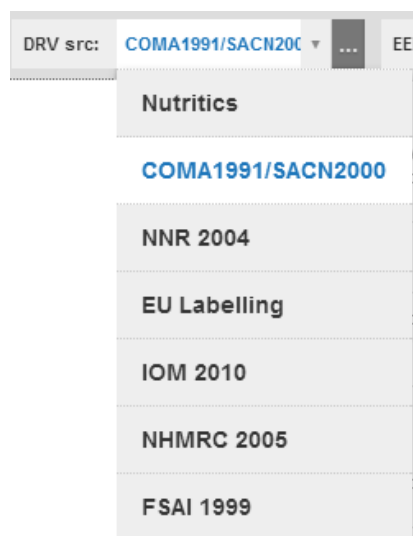
Source: Food and Agriculture Organisation of the United Nations

- A Lower Reference Nutrient Intake (LRNI): Meets the nutritional requirements of only 2.5% of the population.
- An Estimated Average Requirement (EAR): The average amount of nutrient or energy required. Approximately 50% of the population will require more and 50% will require less.
- A Reference Nutrient Intake (RNI): The amount of a nutrient sufficient to meet the needs of 97.5% of a population (calculated from the EAR + 2 SD)
- Safe Intake (SI): Used in place of RNI when there is insufficient data available to set an RNI. A safe intake is likely to meet the needs of the majority of the population without causing any adverse effects of excess intake.

- **Safe Upper Limit (SUL):** The maximum amount of a nutrient known to be safe to intake. Habitually consuming nutrients above the SUL is not recommended and can cause toxic effects in some cases.

Note: DRV's are also known as NRV's (Nutrient Reference Values – Aus/NZ) and DRI's (Dietary Reference Intakes – USA). RNI's are also known as RDI's (Recommended Dietary Intakes) or RDA's (Recommended Dietary Allowance). SI is also known as AI (Adequate Intakes). SUL's are also known as UL (Tolerable Upper Intake Level).

You can choose which DRV's you wish to use from the DRV source drop down menu. There are numerous guidelines built in to Nutritics. You can also set your own targets using the DRV editor (see section below)



It is important to recognize that all these values apply to populations, and not to individuals. However, a number of assumptions can be made:

1. If an individual is routinely consuming the RNI for a particular nutrient, it can be assumed that their diet provides adequate amounts (or more than adequate amounts) of that nutrient.
2. If an individual is consuming less than the RNI, it cannot necessarily be assumed that the diet is inadequate, as the person may have a lower requirement than average for that particular nutrient.
3. If an individual is consistently consuming less than the LRNI for a nutrient, it can be assumed that the person is deficient in that particular nutrient, although this does not imply the person is clinically ill.

- The DRV's apply to the needs of healthy people and it cannot be assumed that the needs of those who are ill are identical.

Nutritics DRV's:

Consuming intakes higher than the RNI's in certain nutrients may reduce the risk of developing chronic diseases. Specifically, a higher intake of Vitamin C, E, A (particularly β -carotene), selenium, folate, omega 3 and dietary fibre may be beneficial. The Australian/New Zealand National Health and Medical Research Council have published Suggested Dietary Targets (SDT's) to optimise dietary intake for reducing the risk of chronic disease. These SDT's have been incorporated into the Nutritics DRV source.

The macronutrient recommendations provided in the Nutritics option are primarily based on the American College of Sports Medicine and American Dietetics Associations position stand on Nutrition and Athletic Performance (2009). The Acceptable Macronutrient Distribution Ranges (AMDR) used are shown in the table below:

Athletic Factor:	CHO		Protein		Fat	
	AMDR	UL	AMDR	UL	AMDR	UL
Non-athletic	45-65% kcal	N/A	.8 - 1.4g per kg	2g per kg	20-35% kcals	35% kcals
Skill based	45-65% kcal	N/A	.8 - 1.4g per kg	2g per kg	20-35% kcals	35% kcals
Intermittent	5-7g per kg	N/A	1.2-1.7g per kg	2g per kg	20-35% kcals	35% kcals
Power	5-7g per kg	N/A	1.2-1.7g per kg	2g per kg	20-35% kcals	35% kcals
Endurance	6-10g per kg	N/A	1.2-1.4g per kg	2g per kg	20-35% kcals	35% kcals
Ultra Endurance	8-12g per kg	N/A	1.3-1.5g per kg	2g per kg	20-35% kcals	35% kcals

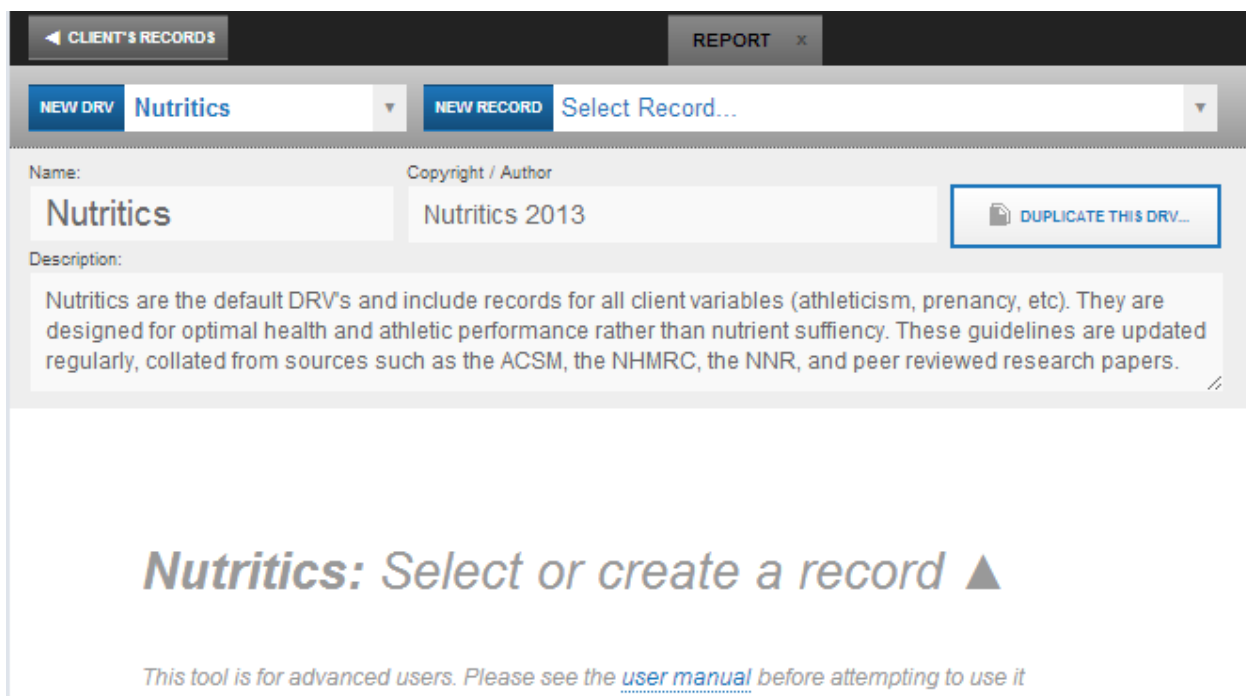
These are provided as guidelines only; exact requirements will vary from person to person depending on factors such as training intensity, training duration, available recovery time, and fitness status.

SETTING CUSTOM DRV'S:

Nutritics allows you to set custom Dietary Reference Values which will be displayed visually on the report. This 'power feature' allows you to set nutrient targets as precise intakes, as calculations based on body weight (or other formula based targets) or as an acceptable distribution range. You can also define lower and upper limits for any nutrient.

To access the DRV editor, click on the  button on the report page or select the option 'Custom DRV...' from the DRV source drop down (also available at the bottom of the meal plan creator)

This will open the following screen:



CLIENT'S RECORDS REPORT

NEW DRV Nutritics NEW RECORD Select Record...

Name: Nutritics Copyright / Author: Nutritics 2013

DUPLICATE THIS DRV...

Description:

Nutritics are the default DRV's and include records for all client variables (athleticism, pregnancy, etc). They are designed for optimal health and athletic performance rather than nutrient sufficiency. These guidelines are updated regularly, collated from sources such as the ACSM, the NHMRC, the NNR, and peer reviewed research papers.

Nutritics: Select or create a record ▲

This tool is for advanced users. Please see the [user manual](#) before attempting to use it

Creating a New Entry:

1. Click the  button
2. Name the DRV and provide a reference or author and description if desired.

3. Click the  button
4. Define the inclusion criteria that the DRV's will apply to (gender, age range etc)
5. Define the DRV's using the guide below
6. Changes are saved automatically

Editing an Existing Entry:

1. Select the DRV source you wish to edit from the drop down at the top left (The field "Nutritics" in the example above)
2. Click the  button
3. Rename the DRV, author, and description as desired
4. Select the record you wish to edit from the drop down at the top right (The field "Select Record" in the example above"). This will import the existing values into the tables which can now be edited.
5. Changes are saved automatically

Basic Programming:

Type any figure in the box to set that figure as the **Recommended Intake**:

carbohydrate (g)

150

Add a ^ symbol (shift + 6) **after** the recommendation to include a **lower limit**:

carbohydrate (g)

150^100

Add a second ^ to include an **upper limit**:

carbohydrate (g)

Use a | symbol (shift + \) to set a recommended intake **range**:

protein (g)

Advanced Programming:

Use basic calculator notation (addition +, multiplication *, subtraction -, division /) and nutrient keywords to program advanced formulae. Allowable keywords include **weight**, **age**, **bodyfat**, **lbm** (lean body mass), **bmi**, **eer** (recommended kcal intake) and **pal**. These are based on data from the client information panel (panels 2 and 3). Take note they are all lower case.

You can also use **any nutrient** in a formula by typing it in the box **exactly** as it appears in the DRV editor (all lower case).

Working Examples:

1. Carbohydrate intake is 55% of kcal intake

carbohydrate (g)

eer is estimated energy requirements, multiplication by .55 gives 55%. 3.75 is the number of calories in one gram of carbohydrate, this converts the 55% of calories into a weight in grams

2. Carbohydrate intake is 55% of kcal intake with a lower limit of 100g

carbohydrate (g)

 $eer*.55/3.75^{100}$

3. Carbohydrate intake is 55% of kcal intake with a lower limit of 100g and an upper limit of 75% of calorie intake

carbohydrate (g)

 $eer*.55/3.75^{100}^{eer*.75/3.75}$

4. Protein intake is 20% of kcal intake

protein (g)

 $eer*.2/4$

4 is the number of calories per gram of protein, this converts 20% of calories to grams.

5. Protein intake is 1.2 times the client's body weight

protein (g)

 $weight*1.2$

6. Protein intake is a range from .8 -1.6 times the client's body weight

protein (g)

 $weight*.8|weight*1.6$

7. Fat intake is a range from 20-35% of kcal intake

fat (g)

 $eer*.2/9|eer*.35/9$

9 is the number of calories per gram of fat

8. Fat intake is a range from 20-35% of kcal intake and an upper limit of 40% of kcals.

fat (g)

 $eer*.20/9|eer*.35/9^{\wedge}eer*.4/9$

9. Folate intake is a range 300-600µg with a lower limit of 100 µg and an upper limit of 1000 µg

folate (µg)

 $300|600^{\wedge}100^{\wedge}1000$

10. Vitamin D intake is 15µg with a lower limit of 5 µg

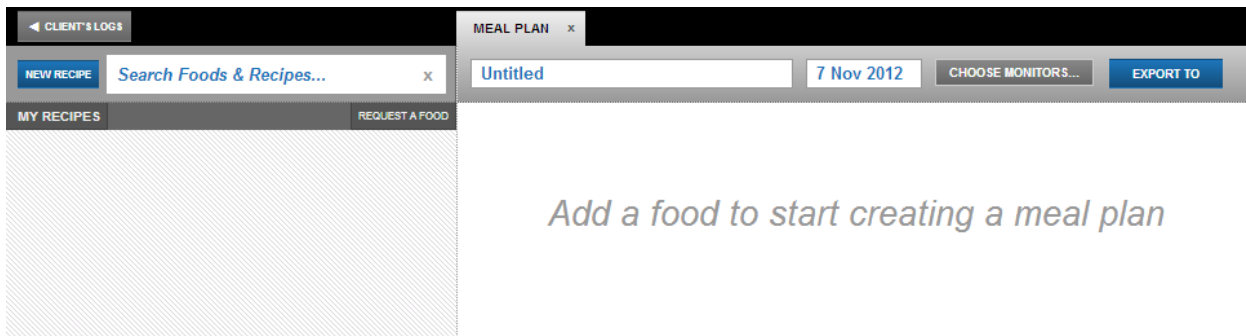
vitd (µg)

 $15^{\wedge}5$

Please email support@nutritics.com if you require assistance setting up custom Dietary Reference Values.

CREATING A MEAL PLAN:

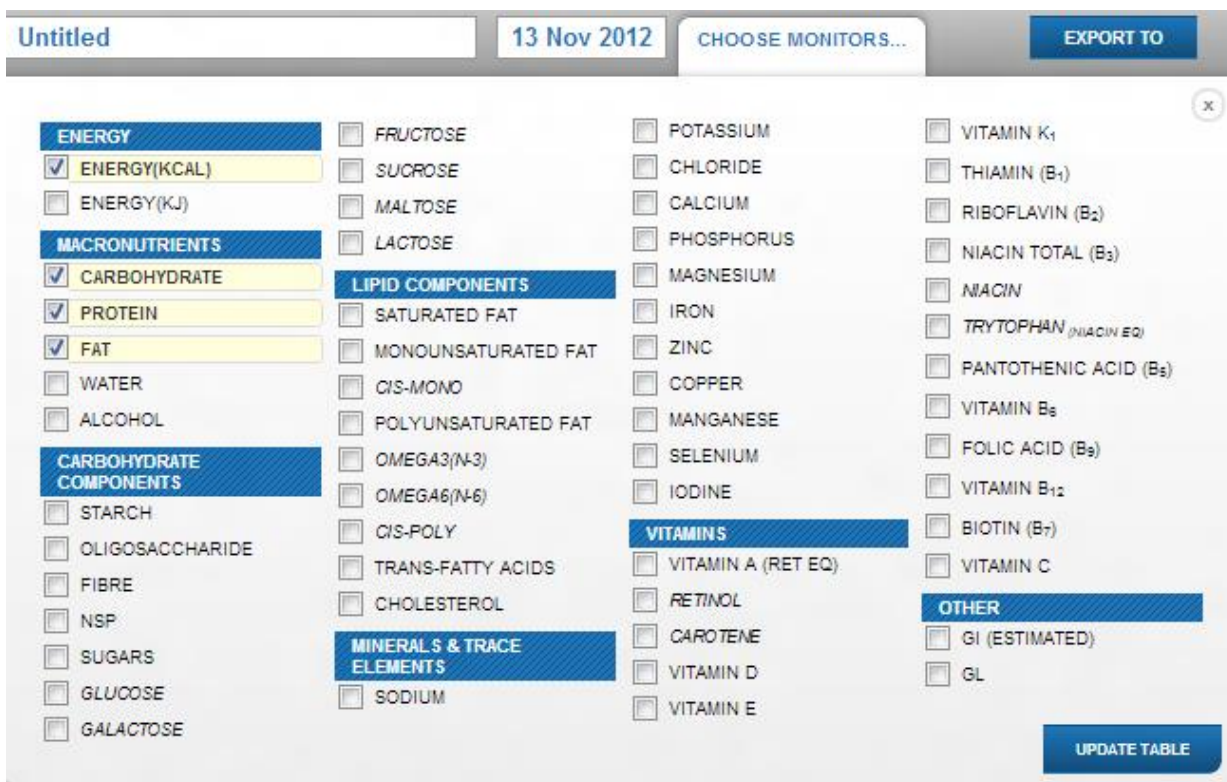
Nutritics Professional includes a meal plan creator feature. To create a meal plan, select a client (or set up a new client), then click the **CREATE NEW** button in panel 3 beside 'Meal Plans'. This will take you to the meal plan creator screen:



Add a food to start creating a meal plan

Nutrient Monitors:

You can choose up to 10 nutrient monitors to include with the meal plan by clicking the 'Choose Monitors' button on the top toolbar.



As you work, these monitors will update in real time and will be compared against recommended target intakes (specific to the current client) at the bottom of the report.

		Calories	Carbs	Protein	Fat			
DRV source:	COMA1991	EER source:	COMA1991 Esti	Targets:	2550	419g	55g	>57g
		COMA1991 Estimated						
		KATM1996 Formula (Client Profile)						

A red highlight means the current plan is above or below the lower limit or safe upper limit for that nutrient. A blue highlight indicates the nutrient is within the recommended range. You can choose a DRV source and the method of energy calculation (whether you want to use the formula calculated energy requirements or the generic values built in to the DRV source, where available).

Adding Foods and Recipes:

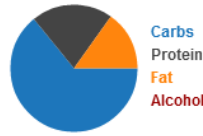
To begin logging, search for and enter a food as you would when entering a food diary or creating a recipe. Enter a name for the meal and a quantity and measure (optional) for each food. You can also rename a food itself to a more 'client friendly' name by clicking on it and typing a new name. As you work, you will see nutrient totals for both the meal and the overall meal plan.

Sample meal plan		7 Nov 2012	CHOOSE MONITORS...	EXPORT TO					
Meal:	Food Name:	Quantity:	Measure:	Calories	Carbs	Protein	Fat	GI	GL
1	Breakfast - Porridge								
1	Oats, raw	40	1/2 cup	160	29g	5g	3.5g	55	16
1	Skimmed milk, fortified	200	3/4 cup	82	11.4g	7.6g	0.6g	37	4
Meal Total:				242	41g	12.6g	4.1g	50	20
Plan Total:				242	41g	12.6g	4.1g		20

ADD A MEAL

Macronutrient Analysis

	CARBOHYDRATE	PROTEIN	FAT	ALCOHOL
INTAKE	40.5g	12.6g	4.1g	0g
G/KG BODY-WEIGHT	0.7	0.2	0.1	0
KILOCAL	64%	21%	15%	0%



Notes & Instructions:

Font... Font Color Size Style Align Indent Outdent Undo Redo Save

To add a new meal to a log, click the **ADD A MEAL** button. Once clicked, any new foods added will be entered to the newest meal created. Continue adding meals and foods until you are satisfied with the meal plan.

You can also add meals from your saved recipes to a meal plan. Simply search as normal and look for the **R** icon indicating a recipe, or click the 'my recipes' tab. After clicking the 'insert' button, you will be asked if you want to import all ingredients from the recipe. Selecting no will import the recipe name only with the nutrient totals. Selecting yes will import all the ingredients with their individual nutrient breakdown.

Rearranging Foods and Meals:

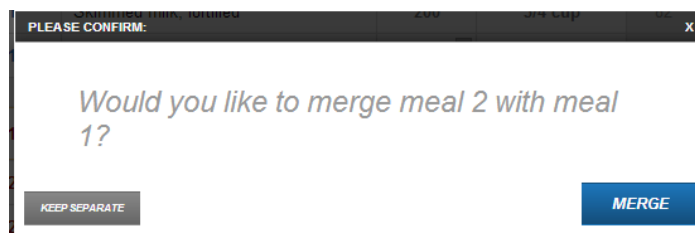
The numbered boxes to the left of each food provide a means to rearrange foods and meals in a meal plan. You can move a food from one meal to another by typing a number in the box. The number should correspond to the meal number you want to add that food to. In the example below, to move honey from meal 2 to meal 1, simply type a 1 in the box beside honey:

Meal:		Food Name:	Quantity:	Measure:	Calories	Carbs	Protein	Fat	GI	GL
x	1	Breakfast - Porridge								
x	1	Oats, raw	40 x	1/2 cup	160	29g	5g	3.5g	55	16
x	1	Skimmed milk, fortified	200 x	3/4 cup	82	11.4g	7.6g	0.6g	37	4
Meal Total:					242	41g	12.6g	4.1g	50	20
x	2	Meal 2								
x	2	Apple	125 x	1 medium	50	12.4g	0.4g	0.3g	39	5
x	2	Almonds	25 x	1 palmful	153	1.7g	5.3g	14g	15	0.3
x	2	Honey	20 x	1 teaspoons	58	15.3g	0.1g	0g	62	9.4
Meal Total:					261	29g	5.7g	14.2g	50	14.7
ADD A MEAL					Plan Total:	503	70g	18.3g	18.3g	35

This will rearrange the meal plan as follows:

Meal:		Food Name:	Quantity:	Measure:	Calories	Carbs	Protein	Fat	GI	GL
x	1	Breakfast - Porridge								
x	1	Oats, raw	40 x	1/2 cup	160	29g	5g	3.5g	55	16
x	1	Skimmed milk, fortified	200 x	3/4 cup	82	11.4g	7.6g	0.6g	37	4
x	1	Honey	20 x	1 teaspoons	58	15.3g	0.1g	0g	62	9.4
Meal Total:					300	56g	12.6g	4.1g	53	29
x	2	Meal 2								
x	2	Apple	125 x	1 medium	50	12.4g	0.4g	0.3g	39	5
x	2	Almonds	25 x	1 palmful	153	1.7g	5.3g	14g	15	0.3
Meal Total:					203	14.1g	5.7g	14.2g	36	5.3
ADD A MEAL					Plan Total:	503	70g	18.3g	18.3g	35

Similarly, to rearrange meals, type a number in the box beside the meal title. The number should correspond to the meal position you want. This command also provides the option to merge foods from two meals into one meal, or keep them as separate meals.



Clicking 'keep separate' will rearrange the position of the meals as below:

Sample meal plan			7 Nov 2012		CHOOSE MONITORS...		EXPORT TO				
Meal:	Food Name:	Quantity:	Measure:	Calories	Carbs	Protein	Fat	GI	GL		
x	1	Meal 2									
x	1	Apple	125 x	1 medium	50	12.4g	0.4g	0.3g	39	5	
x	1	Almonds	25 x	1 palmful	153	1.7g	5.3g	14g	15	0.3	
Meal Total:					203	14.1g	5.7g	14.2g	36	5.3	
x	2	Breakfast - Porridge									
x	2	Oats, raw	40 x	1/2 cup	160	29g	5g	3.5g	55	16	
x	2	Skimmed milk, fortified	200 x	3/4 cup	82	11.4g	7.6g	0.6g	37	4	
x	2	Honey	20 x	1 teaspoons	58	15.3g	0.1g	0g	62	9.4	
Meal Total:					300	56g	12.6g	4.1g	53	29	
ADD A MEAL					Plan Total:	503	70g	18.3g	18.3g	35	

Exporting Meal Plans:

Meal plans can be exported to a diet log or a report to assess the complete nutritional information. Simply click the **EXPORT TO** button and select 'Report' from the drop down menu.

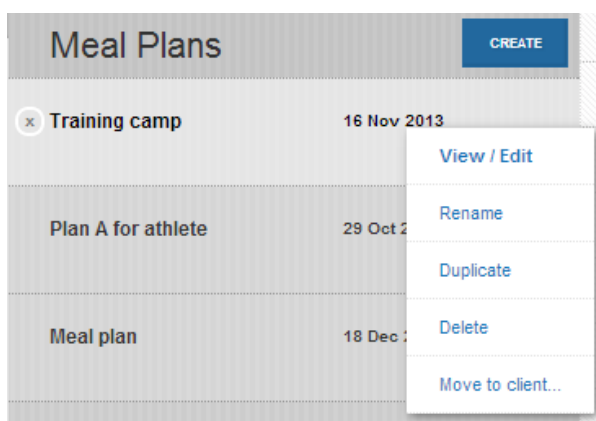
You can also export a meal plan directly to a diet log if you need to make additions or edits before generating a report. This is useful for improving accuracy if you provided a meal plan that was only loosely adhered to by your client. Meal plans exported to a diet log are automatically saved as new logs.

Please note that a maximum of 14 meals can be exported from a meal plan to a report or diet log. If your meal plan exceeds this, only the first 14 meals will be exported.

The meal plans can also be converted to .pdf, excel, emailed or a link can be generated for online publishing in the same way reports and recipes can.

Duplicating and Transferring Meal Plans:

Meal plans, recipes and diet logs can be duplicated and even transferred to another client with a few clicks. To duplicate a meal plan, right click it from your list of logs and select duplicate. Right clicking and selecting 'move to client' will allow you to move a log to the selected client.



NUTRIENT DATA:

Food Databases:

The Nutritics food database consists of multiple sources which have been reproduced with permission, added from manufacturer's data, or purchased as required. These include:

- The UK Composition of Foods Integrated Dataset (CoFIDS) and all available supplements (includes McCance & Widdowson's 6th edition), Crown Copyright.
- The Irish Food Composition Database, University College Cork.
- Clinical feed databases provided by Abbott, Nutricia and Fresenius Kabi.
- Thousands of foods, supplements and additives sourced by Nutritics staff.
- A small number of foods have been converted from the United States Department of Agriculture, National Nutrient Database for Standard Reference SR25 using appropriate conversion factors.

Sampling Variables:

Nutrient data in Nutritics generally represent the average nutritional content of a particular sample of foods and ingredients, determined at a particular time. The composition of foods and ingredients can vary substantially between batches and brands due to a number of factors, including changes in season, formulation & fortification, processing methods and ingredient source. Nutritics endeavor to keep the database up to date and in line with the industry standard as soon as new data becomes available.

While most of the data contained in Nutritics are generated from lab analysed values from local and international food tables, some data is supplied directly from food manufacturers or imputed from food labels or similar foods.

Notes on Nutrient Data & Format:

Energy value (Kcals): Calculated using the conversion factors: protein 4 kcal/g, fat 9 kcal/g, carbohydrate (available, expressed as monosaccharides) 3.75 kcal/g and alcohol 7 kcal/g.

Energy value (kJ): Calculated using the conversion factors: protein 17kJ/g, fat 37 kJ/g, carbohydrate (available, expressed as monosaccharides) 16 kJ/g and alcohol 29 kJ/g

Amino Acids and Fatty acids: These data have not been included since they are not available for more than 80% of the in Nutritics. Fatty acid and amino acid data are not readily available/accessible from manufacturers which would limit the extent to which Nutritics can complete food requests accurately.

Carbohydrates: Total carbohydrate (and its components, starch, sugars and total sugar but not NSP or fibre) are expressed as their monosaccharide equivalents by multiplying the weight of carbohydrate by the appropriate conversion factor. As result, carbohydrate content may be more than 100g per 100g of a food (e.g. 100g of maltodextrin powder has 106 g of carbohydrate). When entering new food requests or adding foods to the database, Nutritics applies these conversion factors to manufacturer's data. Carbohydrates are calculated at 3.75kcal per gram.

Starch: Includes dextrans but excludes resistant starch, starch is expressed as monosaccharide equivalents.

Sugars: Sugars include free monosaccharides and disaccharides. In cereals the contribution from glucofructans is also included. The value does not include any contribution from oligosaccharides which are provided separately. Note that the breakdown of sugar (glucose, fructose components etc) is incomplete in the databases, and therefore should be considered for indicative purposes only. These values are hidden in the report by default.

Non-starch polysaccharides (Englyst method) Includes insoluble fibre (cellulose, insoluble non-cellulosic polysaccharides) and soluble fibre (soluble cellulosic polysaccharides). NSP is provided in weight of the actual component and not monosaccharide equivalents.

Total dietary fibre (AOAC method): Includes substances measuring as lignin and also resistant starch by weight. Fibre by the AOAC method is not included in the UK food tables, but has been added to Nutritics from other sources.

Glycemic Index: GI data is from the International table of glycemic index and glycemic load values and the University of Sydney (Human Nutrition Unit) GI database, or imputed from similar foods if no data is available. The reference food used is glucose (GI=100). A GI of 55 or less is considered low, 56-69 is medium and 70+ is considered high. It is important to be aware that GI can vary based on cooking method, duration, ripeness, season, food combination, manufacturing process and many other factors. The GI of meals is automatically calculated and should be considered for indicative purposes only.

Glycemic Load: Glycemic load is calculated from the formula $(GI \times \text{carbohydrate}) / 100$. GL may be is more useful than GI since it accounts for both the GI and the portion size of carbohydrate consumed. One unit of GL is approximately equivalent to the glycemic effect of consuming 1g of glucose. Interventions targeting weight loss, insulin resistance and the metabolic syndrome appear to benefit from low GL dietary strategies. A food serving with a GL of <10 is considered low, 11-19 is medium and >20 is considered high. A daily total GL of <80 is considered low, <120 is medium and >120 is considered high.

Potential Renal Acid Load (PRAL): PRAL is calculated from Remer and Manz's formula (1994):

$$PRAL \text{ (mEq/d)} = .49 * \text{protein (g/d)} + .037 * \text{phosphorus (mg/d)} - .021 * \text{potassium (mg/d)} - .026 * \text{magnesium (mg/d)} - .013 * \text{calcium (mg/d)}$$

There is evidence that reducing dietary PRAL and increasing the potassium to sodium ratio can reduce muscle wasting, and mitigate other diseases such as kidney stones, hypertension and strokes. For further reading on the impact of PRAL on health please see review article by Schwalfenberg, 2012.

G. K. Schwalfenberg [“The Alkaline Diet: Is There Evidence That an Alkaline pH Diet Benefits Health?”](#) Journal of Environmental and Public Health, 2012

Additional information sources:

T.R. Fenton, M., Eliasziw, A.W. Lyon, S.C. Tough. D.A. Hanley, “Meta-analysis of the quantity of calcium excretion associated with the net acid excretion of the modern diet under the acid-ash diet hypothesis.” Am J Clin Nutr 88 : 1159–1166, 2008.

L. Frassetto, R. C. Morris, Jr. R.C. Jr., D. E. Sellmeyer, K. Todd, and A. Sebastian, “Diet, evolution and aging—the pathophysiologic effects of the post-agricultural inversion of the potassium-to-sodium and base-to-chloride ratios in the human diet,” European Journal of Nutrition, vol. 40, no. 5, pp, 200–213, 2001

J.E. Kerstetter, K.O. O'Brien, D.M. Caseria, D.E. Wall, K.L. Insogna “The impact of dietary protein on calcium absorption and kinetic measures of bone turnover in women”. J Clin Endocrinol Metab 90: 26–31, 2005 .

S. T. Reddy, C. Y. Wang, K. Sakhaee, L. Brinkley, and C. Y. Pak, "Effect of low-carbohydrate high-protein diets on acid-base balance, stone-forming propensity, and calcium metabolism," *Journal of Environmental and Public Health American Journal of Kidney Diseases*, vol. 40, no. 2, pp. 265–274, 2002.

T. Remer and F. Manz, "Estimation of the renal net acid excretion by adults consuming diets containing variable amounts of protein," *American Journal of Clinical Nutrition*, vol. 59, no. 6, pp. 1356–1361, 1994

L.A. Spence, E.R. Lipscomb, J. Cadogan, B. Martin, M.E. Wastney, M. Peacock, C.M. Weaver. "The effect of soy protein and soy isoflavones on calcium metabolism in postmenopausal women": A randomized crossover study. Am J Clin Nutr 81 : 916–922, 2005.

If you require any specific information on vitamins, minerals or other nutrients, please email support@nutritics.com

LIST OF ABBREVIATIONS

ACSM – American College of Sports Medicine

ADA – American Dietetic Association

AI – Adequate Intake

AMDR – Acceptable Macronutrient Distribution Range

BMR – Basal Metabolic Rate

cMET – Corrected / Compensated Metabolic Equivalent

COMA – Committee on Medical Aspects of Food and Nutrition Policy

DIT – Diet Induced Thermogenesis

DOB – Date of Birth

DRV- Dietary Reference Values

EAR – Estimated Average Requirement

EAT – Exercise Associated Thermogenesis

EER – Estimated Energy Requirement

GDA – Guideline Daily Amounts

IOM – Institute of Medicine

LRNI – Lower Reference Nutrient Intake

MET – Metabolic Equivalent

NAE – Net Acid Load

NEAT – Non-Exercise Associated Thermogenesis

NHMRC – National Health and Medical Research Council

NNR – Nordic Nutrition Recommendations

NRV – Nutrient Reference Values

NSP – Non starch polysaccharide

PAL – Physical Activity Level

PENG – Pocket Guide to Clinical Nutrition

PRAL – Potential Renal Acid Load

RDA – Recommended Dietary Allowance

RDI – Reference Dietary Intake

RMR – Resting Metabolic Rate

RNI – Reference nutrient Intake

SACN – Scientific Advisory Committee on Nutrition

SI – Safe Intake

SUL – Safe Upper Limit

UL – Tolerable Upper Intake Level

TERMS & CONDITIONS

The Terms and Conditions set out below govern your use of Nutritics' software. By continuing installing or using Nutritics, you are deemed to have agreed to these terms. In the event that you do not agree, please do not proceed with installation of the software and contact support@nutritics.com.

Terms and Conditions and Parties

The Terms and Conditions set out below are issued by Nutritics Limited ("Nutritics"). For the purposes of these Terms and Conditions, the "Client" shall mean any individual or group that uses Nutritics' software for professional or personal purposes.

The Client represents and warrants that it has the power and authority to execute these Terms and Conditions

These Terms and Conditions are between the Client and Nutritics. The Client's relationship is solely with Nutritics as the entity providing the software platform ("the Software").

Responsibilities of the Client

The Client shall ensure that each member of the Client Group cooperates with Nutritics in connection with the performance of the Software

The Client shall be responsible for the performance of the personnel and agents of the Client Group, for the timeliness, accuracy and completeness of all data and information inputted into the Software.

Nutritics may use and rely on information and data furnished by the Client Group or others without verification. Nutritics will not be responsible for the consequences of this data or information not being complete, accurate or current.

Except as otherwise stated, the Client shall be solely responsible for, among other things: (A) making all decisions and performing all functions; (B) evaluating the adequacy and results of the Software; (C) accepting responsibility for the results of the Software; and (D) establishing and maintaining internal controls, including, without limitation, monitoring ongoing activities.

Payment of Invoices

(a) Invoices are payable on receipt of fee notes or requests for payment unless otherwise stated. VAT Invoices will be issued on receipt of payment.

(b) Nutritics reserves the right to charge interest on amounts overdue in excess of 14 days at an annual rate of 2 per cent over the higher of the European Central Bank rate base rate ruling on the date payment is due or the rate ruling on the date payment is received.

(c) Without limiting its other rights or remedies, Nutritics shall have the right to suspend or terminate the Software entirely or in part if payment is not received within thirty (30) days of the fee note date. The Client shall be responsible for all taxes, such as VAT, sales and use tax, gross receipts tax, withholding tax, and any similar tax, imposed on or in connection with the Software, other than Nutritics' income and property taxes.

Term

(a) These Terms and Conditions may be terminated by Nutritics at any time, with or without cause, by giving written notice to the Client not less than 30 days before the effective date of termination, provided that, in the event of a termination for cause, the breaching party shall have the right to cure the breach within the notice period if the breach is capable of remedy.

(b) These Terms and Conditions may be terminated by either party by written notice with immediate effect if any of the following events occur:

- (i) the other party passing a resolution for its winding-up or a court of competent jurisdiction making an order for the other party's winding-up or dissolution;
- (ii) the making of an administration order in relation to the other party, or the appointment of a receiver over, or an encumbrancer taking possession of or selling, an asset of the other party;

- (iii) the other party making an arrangement or composition with its creditors generally or making an application to a court of competent jurisdiction for protection from its creditors generally; or
- (iv) any event analogous to those set out in paragraphs (i) to (iii) in any relevant jurisdiction.

(c) Nutritics may terminate these Terms and Conditions with immediate effect upon written notice to the Client if Nutritics determines that (a) a governmental, regulatory, or professional entity, or an entity having the force of law has introduced a new, or modified an existing, law, rule, regulation, interpretation, or decision, the result of which would render Nutritics' performance of any part of the Terms and Conditions illegal or otherwise unlawful or in conflict with independence or professional rules, or (b) circumstances change (including, without limitation, changes in ownership of the Client or any of its affiliates) such that Nutritics' performance of any part of the Terms and Conditions would be illegal or otherwise unlawful or in conflict with independence or professional rules or Nutritics policy.

(d) Upon termination of the Terms and Conditions, the Client will compensate Nutritics for the Software provided and expenses incurred up to the effective date of termination.

Ownership of Nutritics Property and Work Products

To the extent that a Client utilises or develops any property (whether tangible or intangible), such property, including work papers, shall remain the property of the Nutritics. On payment of Nutritics fees due, each Beneficiary shall only obtain a non-exclusive license to use within the Client Group, subject to the other provisions of these Terms and Conditions. Nutritics shall have ownership (including, without limitation, copyright and other intellectual property ownership) of any data input into the Software and all rights to use and disclose its ideas, concepts, know-how, methods, techniques, processes and skills, and adaptations thereof in conducting its business, and the Client shall ensure that the Client Group does not assert or cause to be asserted against Nutritics or its personnel any prohibition or restraint from so doing.

Limitation on Damages

(a) Nutritics shall not be liable, whether in contract, tort, including negligence, or otherwise to the Client Group for any claims, liabilities, losses, damages, costs or expenses ("Claims") relating to or arising out of or in connection with these Terms and Conditions or the Software for an aggregate amount in excess of the fees invoiced and received by Nutritics (net of VAT and expenses) for the Software which are the subject of Claims, except to the extent finally judicially determined to have resulted primarily from the fraud of Nutritics.

(b) In no event shall Nutritics be liable, whether in contract, tort, including negligence, or otherwise for any losses resulting from third party claims, claims for loss of use, contracts, data, goodwill, revenues or profits, (whether or not deemed to constitute direct losses) or wasted management or staff time or any consequential, special, indirect, incidental, punitive, or exemplary loss, damage, or expense relating to or arising out of or in connection with these Terms and Conditions or the Software (including the performance, non-performance or delayed performance by Nutritics of any obligations under or in connection with the Software) which may have been or may be suffered by any person howsoever caused and whether or not this could have been reasonably foreseen by Nutritics.

(c) Nor shall Nutritics be liable, whether in contract, tort, including negligence, or otherwise, for any Claims arising out of the use of the Software for a purpose other than the purpose for which they were provided by Nutritics;

(d) The Client agrees that any liability which Nutritics may have to the Client Group under or in connection with these Terms and Conditions for any losses suffered by the Client Group shall (so far as permitted by law) be limited to such an amount as is finally determined to be just and equitable, having regard to the extent of responsibility of Nutritics, the Client Group (including the Client Group's directors, officers, employees or agents), and any person other than Nutritics who is jointly or severally liable to the Client for all or part of the said losses suffered by the Client Group. Any limitation or exclusion or restriction on the liability of any such other person under any jurisdiction, whether arising under statute or contract or tort or resulting from death, bankruptcy or insolvency, or any settlement of such liability agreed with the Client Group, shall be ignored for the purposes of determining whether that other person is liable to the Client and the extent of responsibility of that other person to the Client in assessing any liability of Nutritics.

(e) In circumstances where all or any portion of the provisions of this Clause are finally judicially determined to be unavailable, the aggregate liability of Nutritics and their respective personnel for any Claims shall not exceed an amount which is proportional to the relative fault that their conduct bears to all other conduct giving rise to such Claims.

(f) Nothing in these Terms and Conditions shall exclude, restrict (or prevent a claim being brought in respect of) any liability of a party for (i) death or personal injury caused by the negligence of that party; (ii) any fraudulent pre-contractual misrepresentations on which either party can be shown to have relied; or (iii) any other liability which by the governing law of these Terms and Conditions cannot be excluded or limited.

Force Majeure

Neither party shall be liable for any delays or non-performance resulting from circumstances or causes beyond its reasonable control, including, without limitation, acts or omissions or the failure to cooperate by the other party (including, without limitation, entities or individuals under its control, or any of their respective officers, directors, employees, other personnel and agents), fire or other casualty, act of God, epidemic, strike or labour dispute, war or other violence, or any law, order, or requirement of any governmental agency or authority.

Limitation on Actions

No action, regardless of form, relating to these Terms and Conditions or the Software, may be brought by either party more than two years after the cause of action has accrued under the applicable law.

Confidentiality

(a) To the extent that, in connection with these Terms and Conditions, Nutritics comes into possession of any information, trade secrets or other proprietary information relating to the Client Group which is either designated by the disclosing party as confidential or is by its nature clearly confidential (the "Confidential Information"), Nutritics shall not disclose such Confidential Information to any third party without the Client's consent. The Client hereby consents to Nutritics disclosing such Confidential Information (i) to legal advisors, auditors, insurers or as may be required by law, regulation, judicial or administrative process, or in accordance with applicable professional standards, or in connection with potential litigation; or (ii) to any person to the extent such Confidential Information (A) shall have otherwise become publicly available (including, without limitation, any information filed with any governmental agency and available to the public) other than as the result of a disclosure by Nutritics in breach hereof, (B) becomes available to Nutritics on a non-confidential basis from a source other than the Client which Nutritics believes is not prohibited from disclosing such information by a confidentiality obligation to the Client Group, (C) is known by Nutritics prior to its receipt from the Client Group without any obligation of confidentiality with respect thereto, or (D) is developed by Nutritics independently of any disclosures made by the Client Group to Nutritics of such information.

(b) The Client shall keep confidential any methodologies and technology used by Nutritics in connection with the Software.

Assignment

Neither party may assign or otherwise transfer these Terms and Conditions without the prior express written consent of the other. Neither party will directly or indirectly agree to assign or transfer to a third party any claim against the other party arising out of these Terms and Conditions.

Indemnification

(a) The Client agrees, to the fullest extent permitted by law, to indemnify and hold harmless Nutritics against all Claims incurred in connection with any third party claim, except to the extent finally and judicially determined to have resulted directly from the fraud of Nutritics. In circumstances where all or any portion of the provisions of this paragraph are finally judicially determined to be unavailable, the aggregate liability of Nutritics for Claims shall not exceed an amount which is proportional to the relative fault that their conduct bears to all other conduct giving rise to such Claims.

Governing Law and Submission to Jurisdiction

These Terms and Conditions, including exhibits and all matters relating to it, shall be governed by, and construed in accordance with, the laws of Ireland (without giving effect to choice of law principles). Any action or proceeding arising out of or relating to these Terms and Conditions or the Software shall be brought and maintained exclusively in the Courts of Ireland. The parties hereby expressly and irrevocably (i) submit to the exclusive jurisdiction of such courts for the purposes of any such action or proceeding and (ii) waive, to the fullest extent permitted by law, any defence of inconvenient forum to the venue and maintenance of such action in any such courts.

Electronic Communications

(a) Except as instructed otherwise in writing, each party may assume that the other approves of properly addressed facsimile, email (including email exchanged via Internet media) and voicemail communication of both sensitive and non-sensitive documents and other communications concerning these Terms and Conditions, as well as other means of communication used or accepted by the other.

(b) It is recognised that the internet is inherently insecure and that data can become corrupted, communications are not always delivered promptly (or at all), and that other methods of communication may be appropriate. Electronic communications are also prone to contamination by viruses. Each party will be responsible for protecting its own systems and interests and, to the fullest extent permitted by law, will not be responsible to the other on any basis (contract, tort or otherwise) for any loss, damage or omission in any way arising from the use of the Internet or from access by Nutritics personnel to networks, applications, electronic data or other systems of the Client Group.

Entire Agreement, Modification and Effectiveness

(a) These Terms and Conditions supersede any previous agreement, understanding or communication, written or oral, relating to its subject matter.

(b) No variation to these Terms and Conditions shall be effective unless it is documented in writing and signed by authorised representatives of both parties.

Limitation on Warranties

Nutritics warrants that the Software will be provided with reasonable skill and in good faith. The express representations, warranties and obligations of Nutritics in these Terms and Conditions are made expressly in place of and to the exclusion (to the fullest extent permitted by law) of all other representations, terms and conditions, express or implied, statutory or otherwise, relating to anything supplied or to be supplied and services provided or to be provided by or on behalf of Nutritics under or in connection with these Terms and Conditions, including without limitation any implied terms as to performance, fitness for a particular purpose, satisfactory quality or otherwise relating to the Software or any part.

Other Clients

Nothing in these Terms and Conditions will prevent or restrict Nutritics, from providing the Software to other clients, subject to the obligations of confidentiality set out above even if those other clients' interests are in competition with the Client Group.

Staff

(a) The Client will not offer employment to any Nutritics staff member or induce or solicit any such person to take up employment with the Client Group; nor will the Client Group use the services of any such person, either independently or via a third party, for a period of six months following the end of any involvement by that person with any engagement for the Client. Breach of this condition will render the Client liable to pay Nutritics liquidated damages, the rate of which will be determined by the Nutritics Board and at a minimum be equal to the three times the existing salary of the individual concerned.

Marketing Material

Nutritics is permitted to use the Client's service marks, logos, and/or branding in external publicity material without such other party's prior written consent as and when reasonably required.

Use of Client Name

Notwithstanding anything herein to the contrary, Nutritics may use the name of the Client and their use of the Software in marketing and publicity materials, as an indication of its experience, and in internal data systems.

Data Protection

In providing the Software to the Client, Nutritics may process personal data within the meaning of the Data Protection Acts 1988 and 2003 (the "Data Protection Acts"). Nutritics complies with the Data Protection Acts and nothing in these terms will create a duty, warranty or obligation in

relation to compliance with the Data Protection Acts, nor shall they create any liabilities for Nutritics in the event of non-compliance by Nutritics with any term or provision of the Data Protection Acts in connection with Software provided to the Client.

Notice

Any notices to be served on either of the parties by the other shall be sent by prepaid recorded delivery or registered post or by facsimile or by electronic mail and shall be deemed to have been received by the addressee within 3 business days of posting or 1 business day of transmission if sent by facsimile or by electronic mail to the correct facsimile number (with correct answerback) or correct electronic mail address.

Miscellaneous Fees

If Nutritics personnel are present on the Client's premises, the Client will provide without charge suitable office accommodation with use of telephone, fax, telecommunication facilities and secretarial services.

Clients shall reimburse all out-of-pocket expenses that may be incurred in connection with providing the Software, including travel and subsistence and the cost of providing the services of specialist support staff unless otherwise agreed in writing. Expenses, including travel and subsistence, and goods and services purchased on the Client's behalf, are charged at cost. For travel, Nutritics' standard policies apply which are to use first class rail and economy class air travel within Ireland and business class or equivalent for overseas travel.

By using or installing Nutritics, you are agreeing to the terms and conditions listed above.