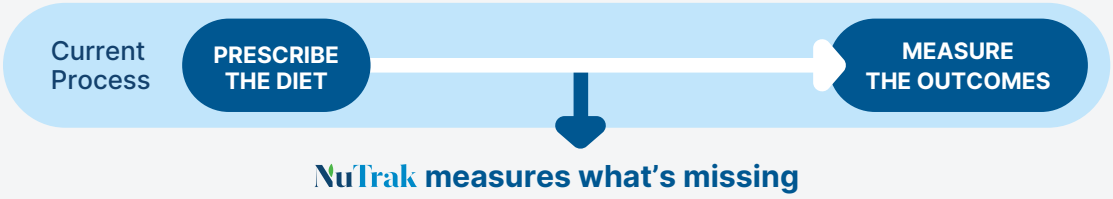


NuTrak Health | ACLM 2026

Go Beyond the Diet Prescribed. Measure the Nutrients Consumed.

An intervention tells you what was offered. An outcome tells you what changed. NuTrak adds the data to investigate why.



Prescribing a diet and then measuring health outcomes leaves a critical question unanswered: ***What did the person actually consume that could explain the outcomes?*** Without measuring nutrient intake, we can't connect the diet prescribed with the outcomes observed.

NuTrak fills that gap. It quantifies nutrient intake from logged foods, compares it with personalized, evidence-based goals, and tracks consistency over time. Linking this data with outcomes generates new evidence that advances patient care, research, education, and program evaluation.

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One Measurement Layer.
Value Across Food as Medicine.

WHO	POSSIBLE LEVEL OF DATA
Individuals	Translate evidence-based diets for one or more conditions into personalized nutrient goals. NuTrak supports self-management, sustained behavior changes, and improved health outcomes.
Providers & Coaches	Guide nutrition counseling with measured intake & personalized goals. Get data to evaluate your nutrition counseling practices and track patients' diet progress with health outcomes.
Teaching Kitchens	Connect cooking lessons and recipe analysis with personalized nutrient goals. Build practical food knowledge by showing how ingredients, substitutions, and portions affect nutrient amounts.
Researchers	Provide standardized, reproducible nutrient intake data that researchers can link with outcomes to identify nutrient doses linked to better outcomes and strengthen the evidence base.
Educators	Teach the new approach of Food as Medicine; replace general healthy eating education with disease-specific nutrient profiles that make any diet intervention actionable and measurable.
Public Programs & Initiatives	Evaluate public nutrition programs beyond participation counts. Link measured nutrient intake with health outcomes and costs to assess program effectiveness and downstream savings.
Payers & Policymakers	Build evidence linking nutrient doses with health outcomes to support insurance coverage, public policy adoption, and equitable access to effective Food as Medicine interventions.

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Help Explain What Drives Outcomes

As Food as Medicine becomes part of clinical care, we need to understand which nutrient doses and profiles are associated with better health and why results differ between people receiving the same intervention.

Measuring intake over time makes it possible to investigate those questions, refine dietary recommendations and build stronger evidence for clinical practice, program funding, and equitable access.

NuTrak provides the measurement layer to help turn dietary interventions into actionable care and stronger evidence.



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