NuTrak Tutorial

Create Your Profile/Personalized Diet

Set up your profile
Learn about and choose medical & lifestyle diets

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Quick look features

Food Log

Add food - Text, Voice or Scan
Save Recipes, Save Meals

Analyze Intake against Nutrient Goals

Analyze logged food against goals, Nutrient details show

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Nutrient Intake by Day, Week, Month, Year

NuTrak

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ANALYZE INTAKE

Analyze Any Nutrient

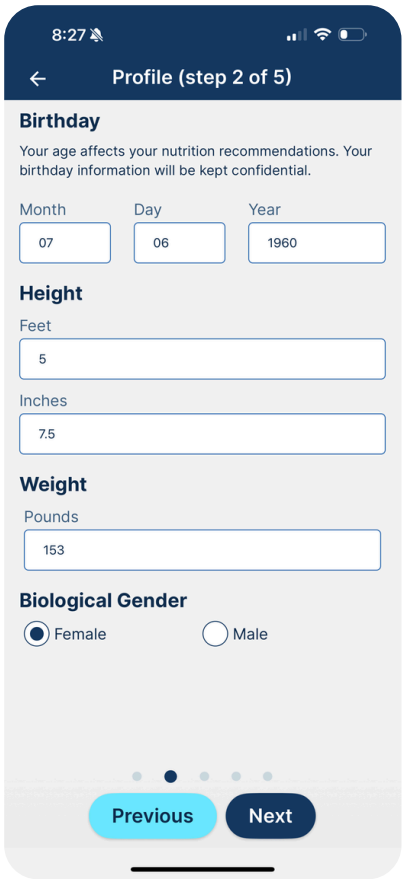
View Details, Food Sources and Suggestions

TRENDS

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CUSTOMER SUPPORT

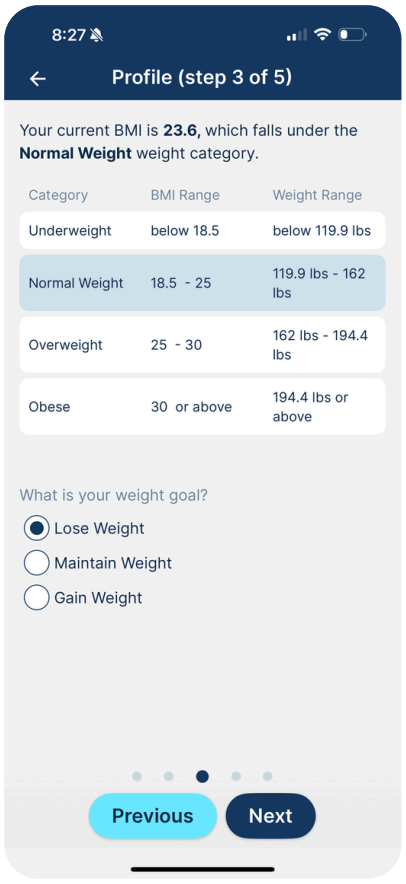


Set Up Profile

Help us personalize your plan.

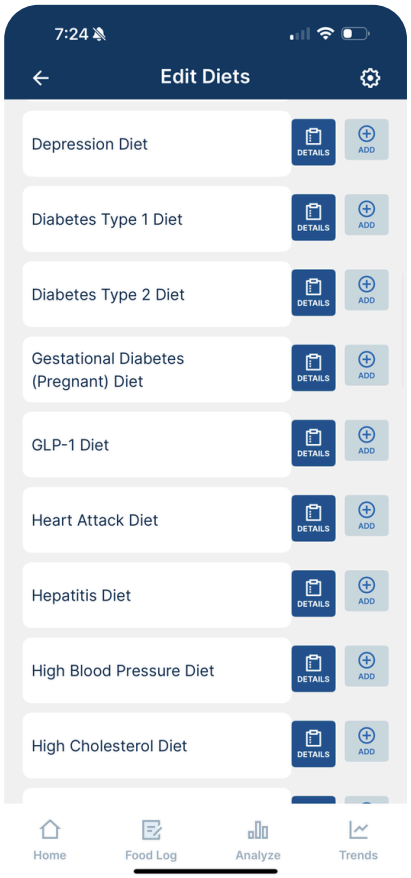
First, **enter your information**

We use this to **calculate** your **calories** and **nutrient goals**



Your **BMI** provides a general **snapshot** based on your height and weight. NuTrak translates it into an easy to understand **weight range.**

Next, add your **health** and **diet preferences** to **personalize** your plan



Select Diets

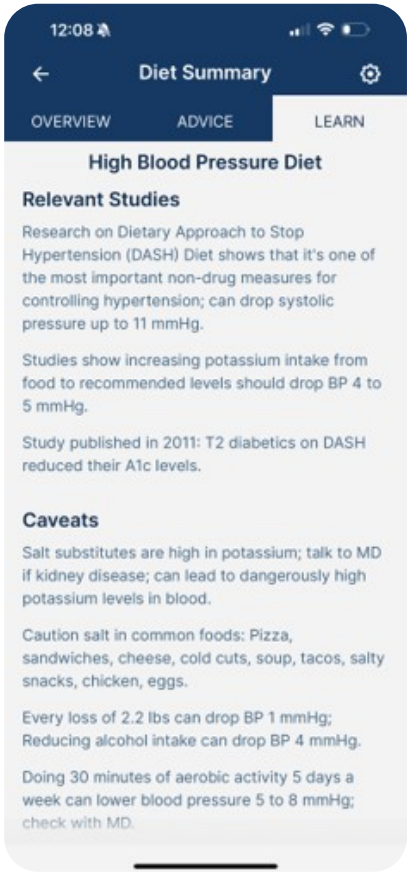
Explore and add diets to your profile

Review the list of **medical diets** and select any conditions you want to treat, prevent or reverse.

Tap **Details** to learn more.

Tap **Add** to include as many diets as you'd like in your personalized profile.

Grayed-out diets are not compatible with your current selections.

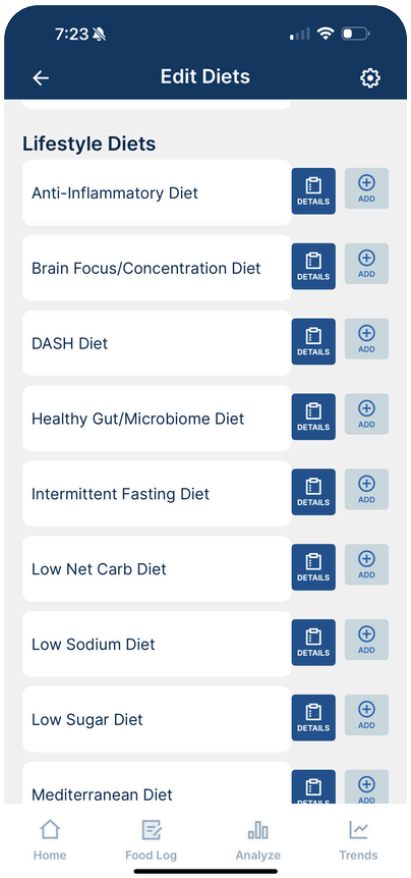


Learn about each diet

Learn about treatment goals, nutrition guidance, benefits and supporting research

Add as many conditions as you want.

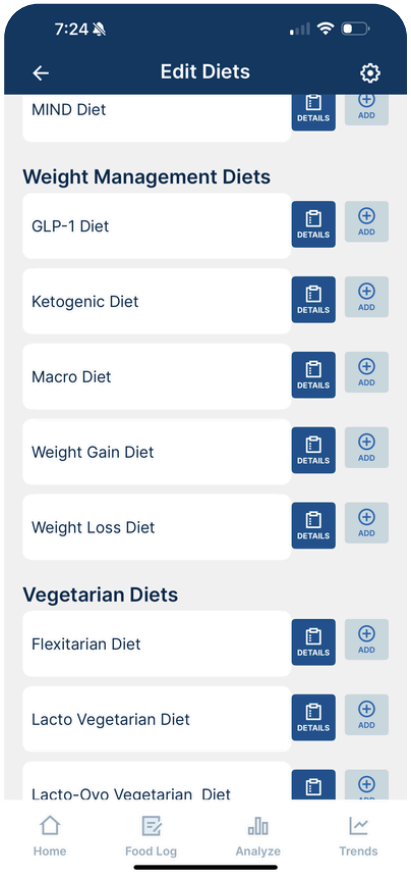
Change your personalized profile diets anytime in **Settings > My Diets > Edit**



Select Diets

Next, choose any **lifestyle, weight** or **vegetarian diets**

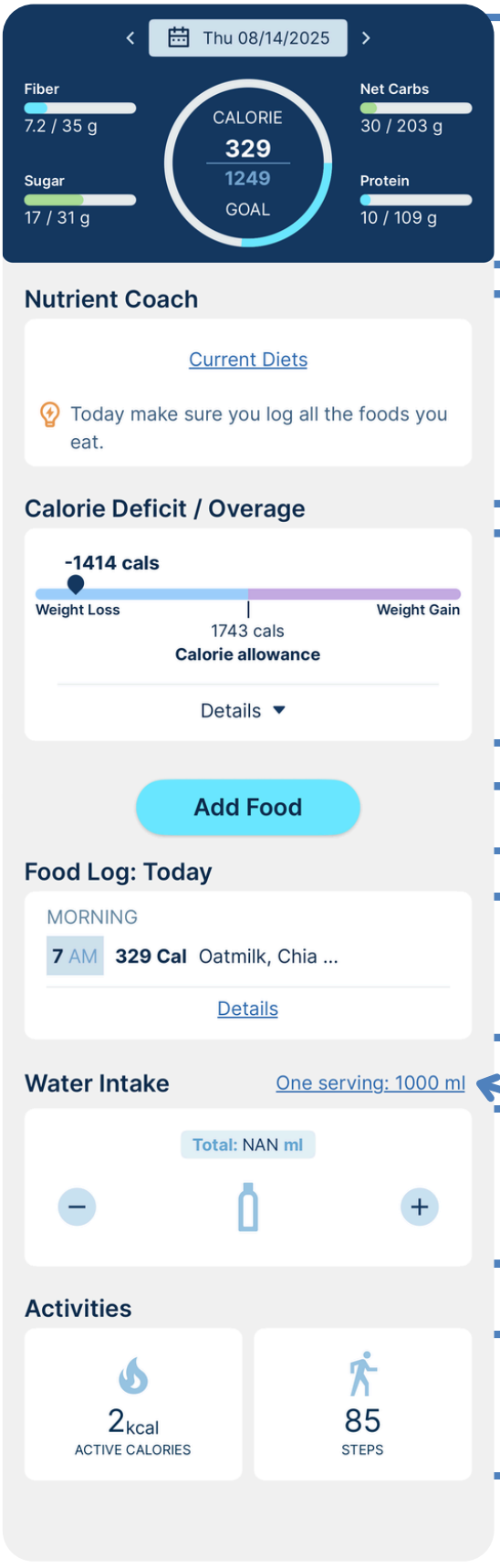
Grayed-out options don't work with your selected diets



Tap **Finish** to complete your setup and start using your personalized nutrient profile!

Congratulations on building your personalized diet profile!

Dashboard



Your **top 5 nutrients** are personalized to your health and update as you log food

Nutrient Coach: Tips to reach your personal nutrient goals!

Your **calorie budget** updates as you log food. Your pointer moves toward your calorie goal throughout day. Exercise increases calorie allowance.

Tap **Add Food** to open your food log

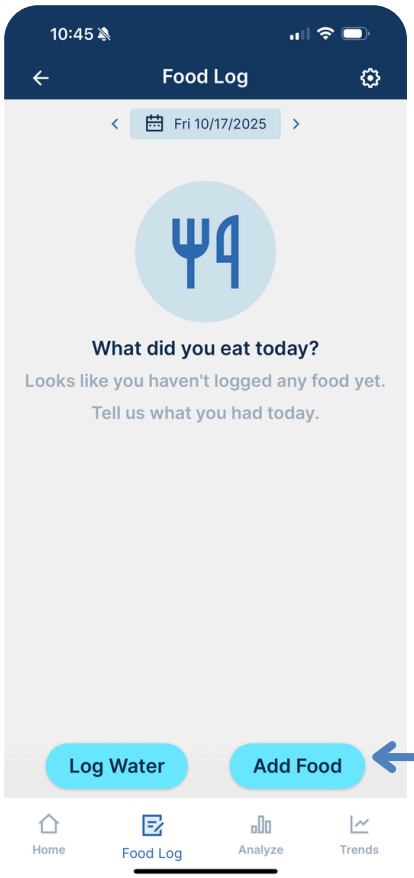
See logged foods

Set **serving size.**
Tap + to add each bottle you consume.

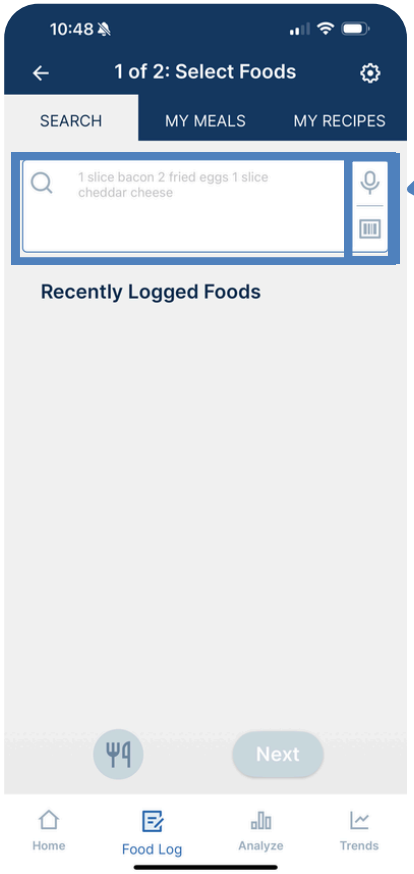
Activity syncs from **Apple** or **Google Health** and can increase your daily calorie budget

Food Log

Log your meals and water

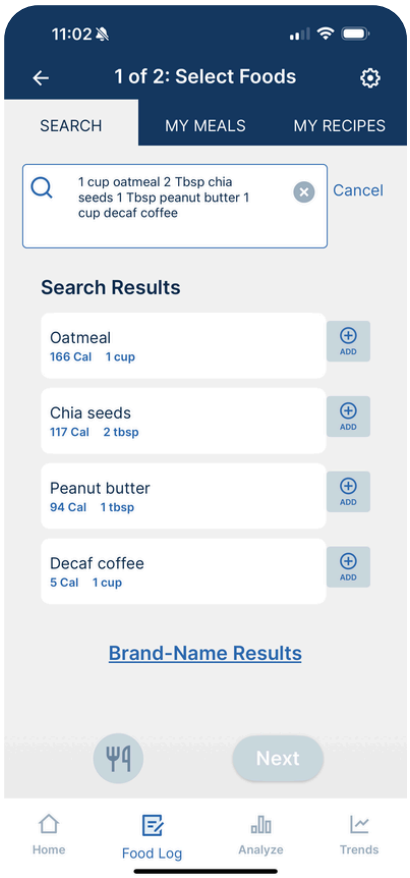


Tap 'Add Food' to start logging your meals or water.



Choose how you'd like to log your food - **voice, scan or text**

Enter the **serving size** for **faster logging** (1 cup oatmeal, 1 Tbsp peanut butter)



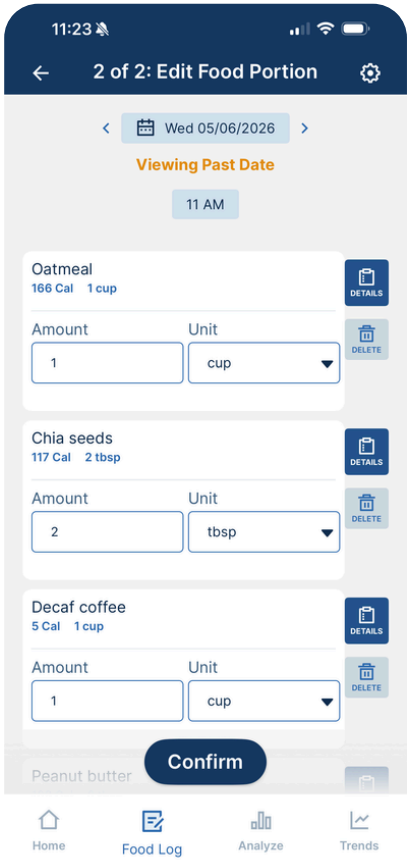
Food Log - Text

Adding food to your log

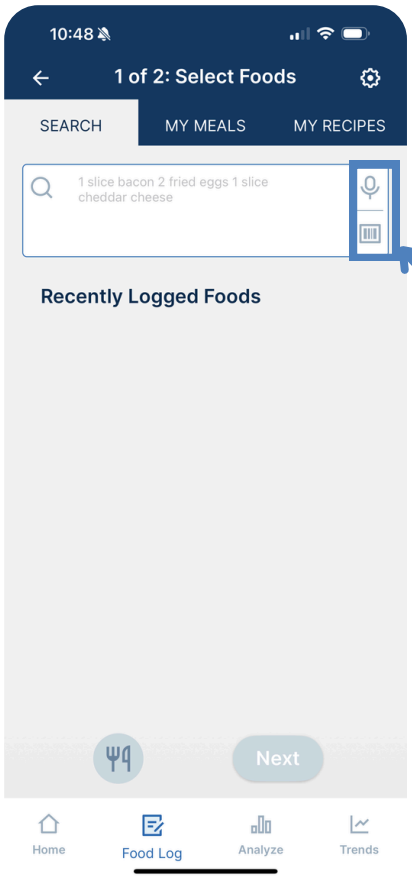
Search results show **generic foods first** because they include the most complete **nutrient information**.

Branded foods are listed after and may include fewer nutrients

Tap **Add** to log each food, then **Next** to continue



Adjust the **serving size** if needed, then tap **Confirm** to add your meal to the Food Log where it can be viewed, edited or adjusted later.



Food Log - Scan

Use barcode scanner to add food

Tap 'Add Food' in Food Log or Home Page and start logging your meals or water by scanning.

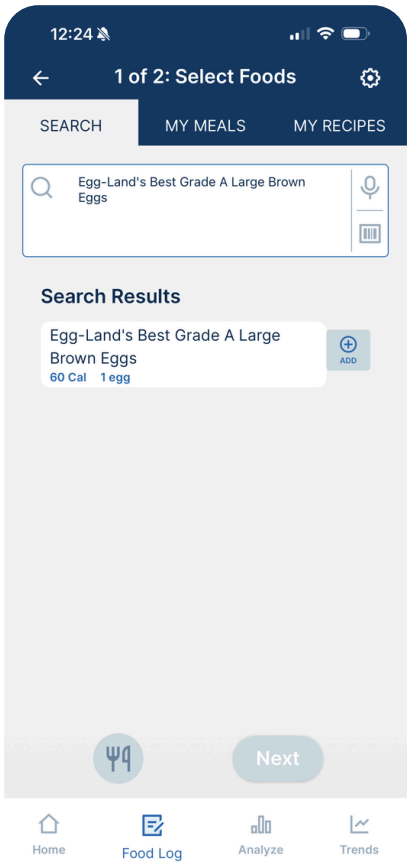
Tap the **Scan icon** on the lower right side of the **search box**



Your **barcode** scanner will open.

Center the **barcode** in the white box

Move your phone back slowly until the barcode is **captured**.

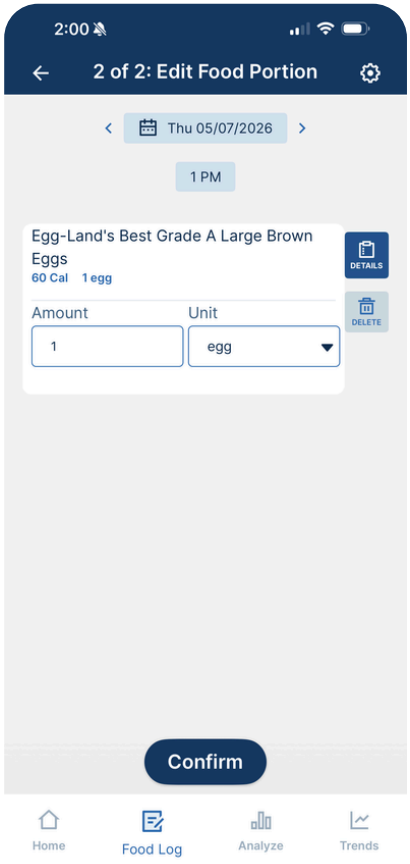


Food Log - Scan

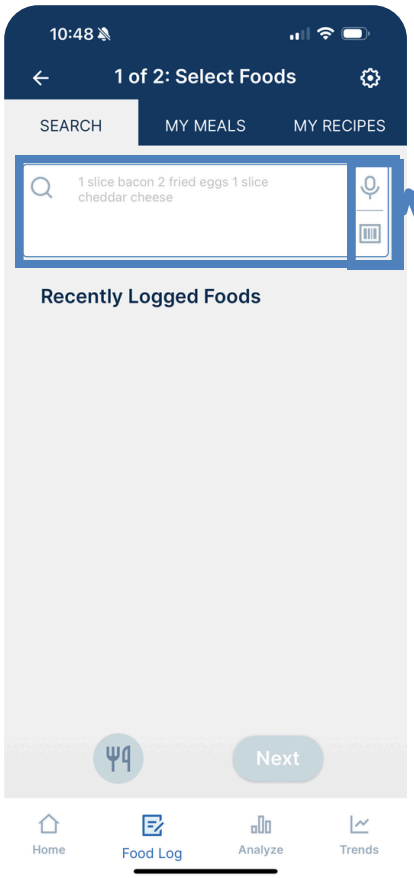
Use barcode scanner to add food

Scanned food will appear in **Search Results**. Scan multiple foods at once.

Tap **Add,** Then **Next**.



Then tap **Confirm** to add to your meal to the **Food Log.**

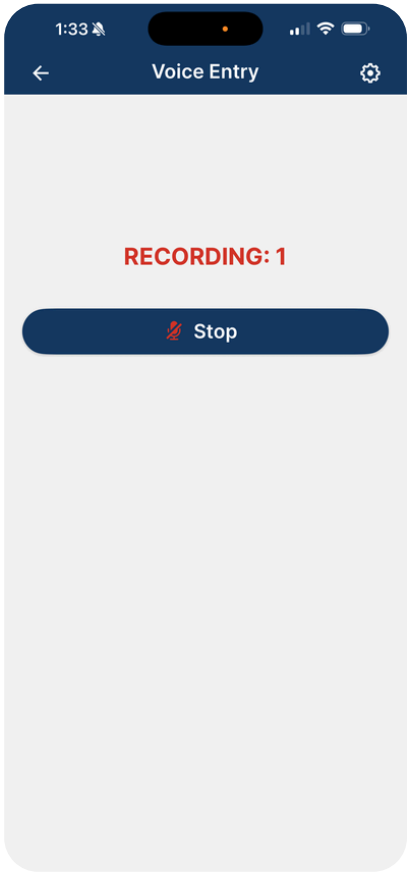


Food Log - Voice Entry

Log your meals and water

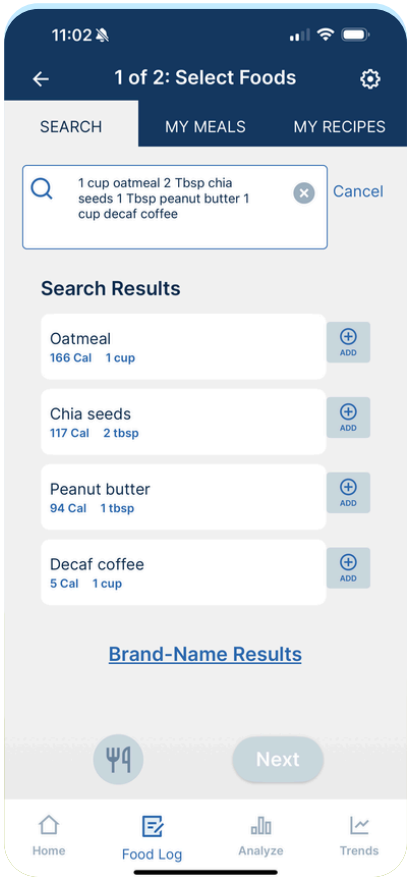
Tap **'Add Food'** in Food Log or Home Page and start logging your meals by **voice**.

Tap the **microphone icon** on the upper right side of the search box to begin recording



Start speaking immediately. **Recording** lasts for **15 seconds**

Save time by including **serving sizes** when recording foods



Food Log - Voice Entry

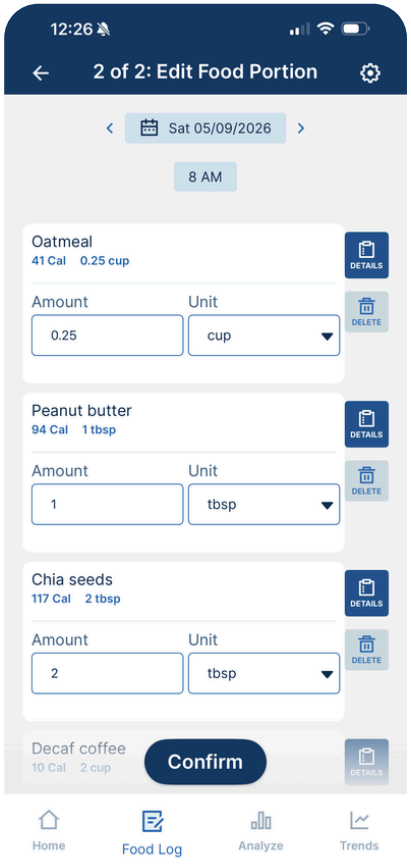
Log food by voice

All recorded foods will appear in the **search box**

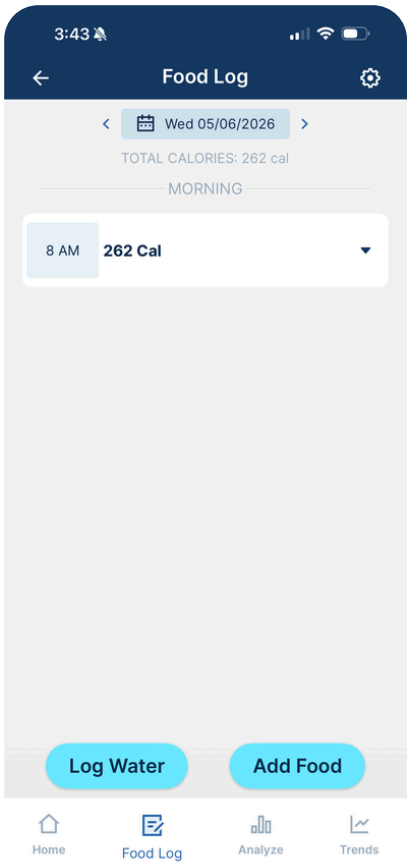
Individual **search results** are shown below.

Tap **Add** next to each food you want to log

Then tap **Next.**



Verify and adjust **serving size** and tap **Confirm** to add to your meal to the **Food Log**.



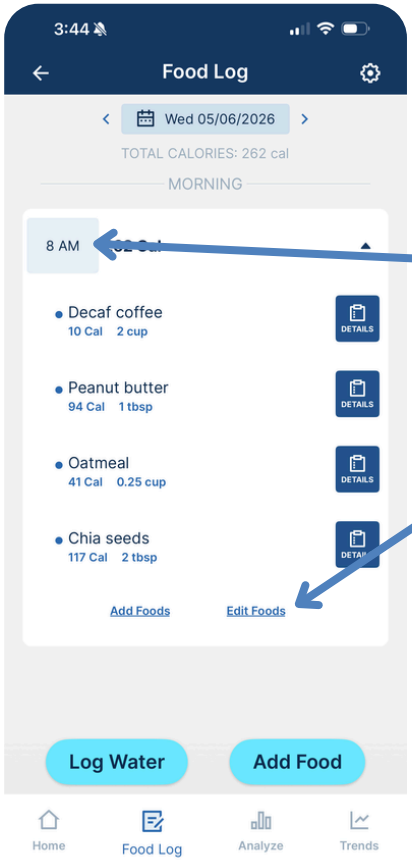
Food Log - Edit

Logged foods appear here

View logged foods and meal times on **Food Log** or **Home Dashboard**.

View, edit or change meals and meal times.

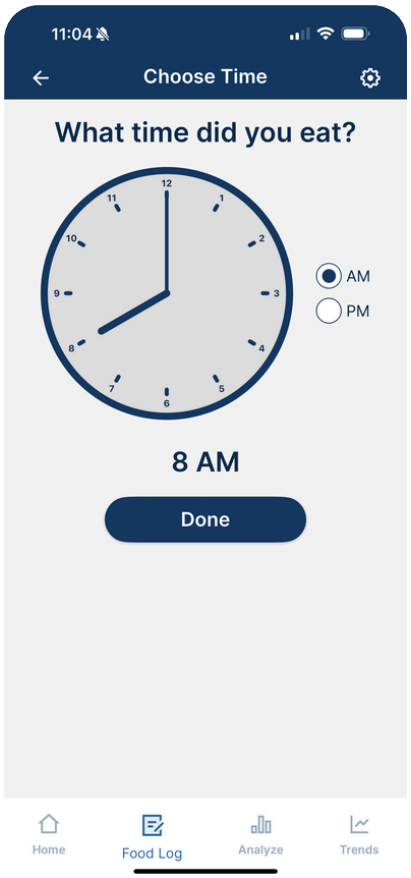
Tap **drop down arrow** to view all foods in a meal



Add or **Edit** logged meals.

Tap the **time box** to edit the meal time.

Tap **Add Foods** or **Edit Foods** at the bottom to update the meal.



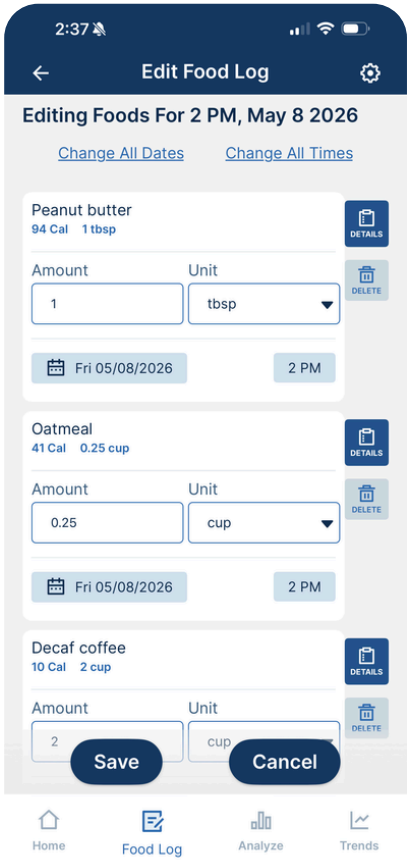
Edit time

Change time for a meal

Tap the **hour** on the clock to change the time.

Then choose **AM** or **PM**.

Tap **Done.**

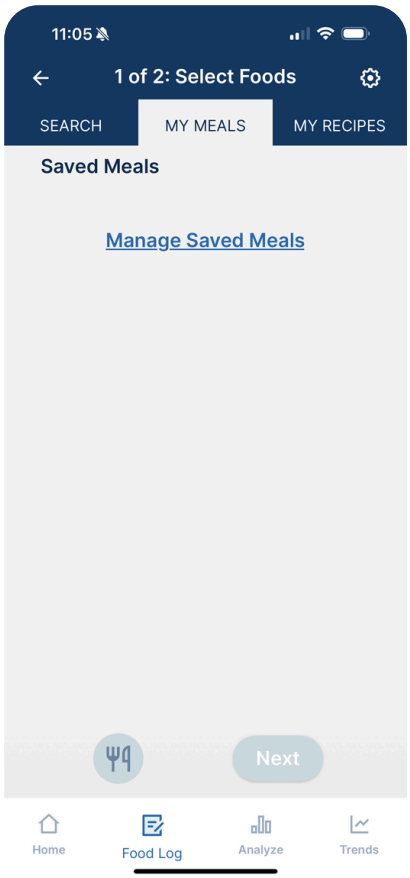


Edit **Foods** in logged meals

Tap **Details** to view the nutrient profile.

Change the **serving size**, delete foods, or edit the time or date of individual foods.

Add foods using the **search box.**



Food Log - My Meals

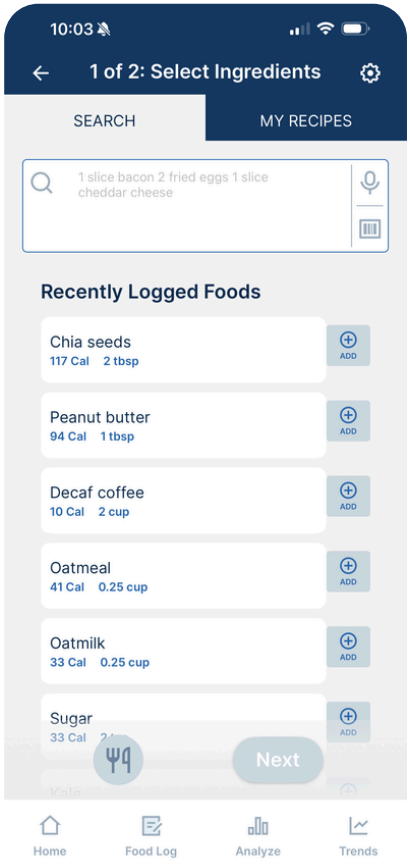
Create and save meals

Save and quickly add frequently eaten meals

Go to **Food Log** > **Add Meals** > **My Meals** tab

Tap **Manage Saved Meals**

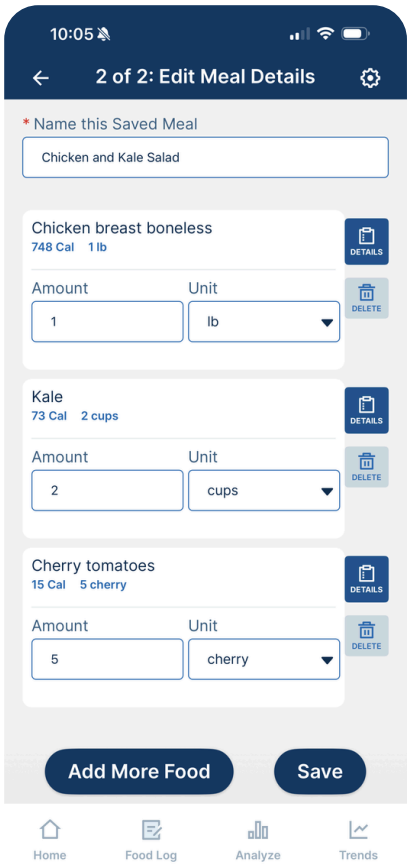
On the next screen, tap **Add a New Saved Meal**



Add all foods in your meal by **voice, scan or text** in the search box.

Or tap **Recent Foods** to quickly add foods from past meals.

Then select **Next**

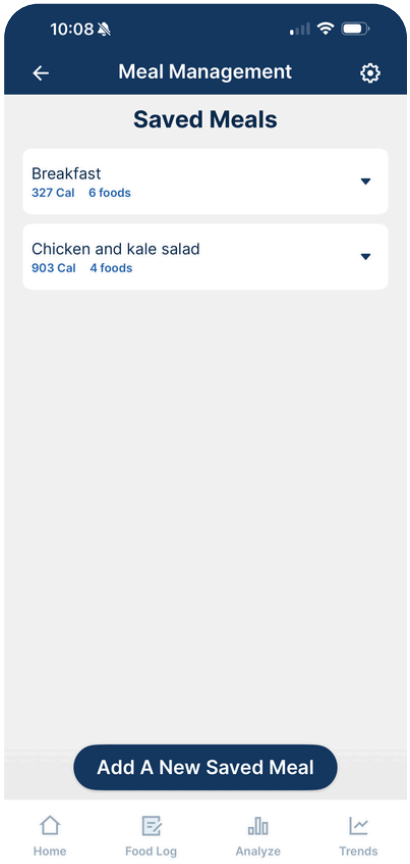


Food Log - My Meals

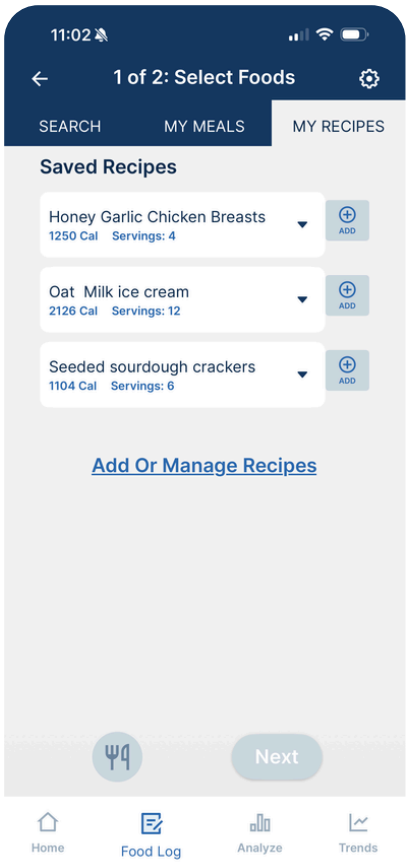
Save and add meals

Next, verify foods and serving sizes, then name the **meal**.

Once named, tap **Save**.



Saved meals will appear under the **My Meals** tab for quick access.



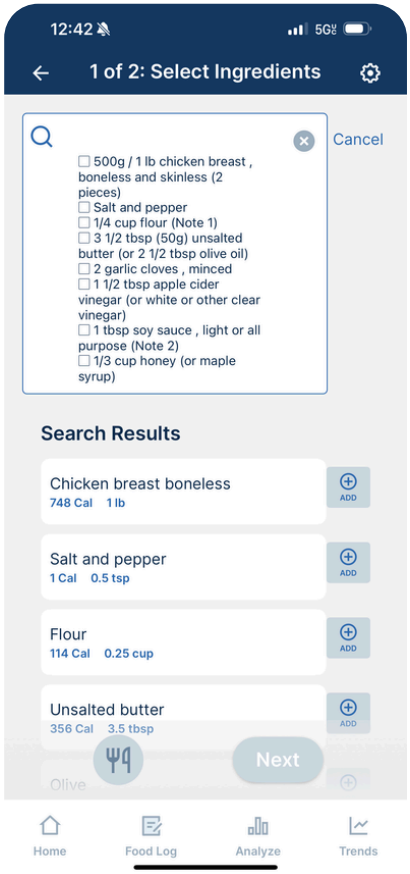
Food Log - My Recipes

Create and save recipes

Saved Recipes: Save recipes quickly to add them again anytime

Go to **Food Log** > **Add Foods** > **My Recipes**

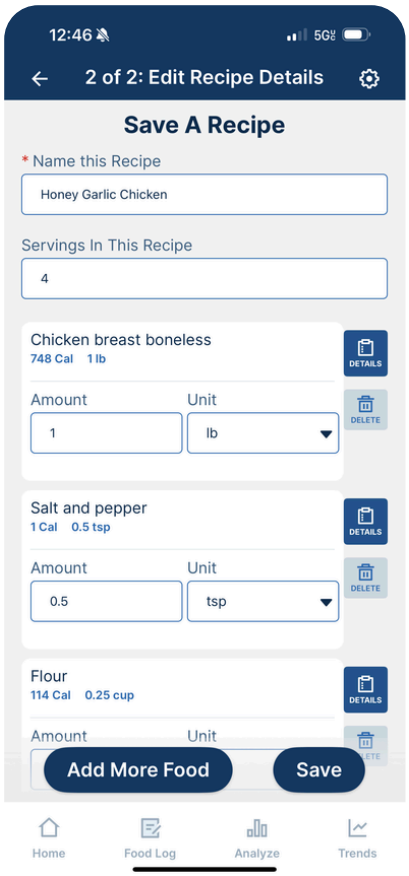
Tap **Add or Manage Recipes**



Add ingredients by **voice, text** or **scan** in the **My Recipes** text box, then tap **Search**.

Copy and paste recipes without removing extra words. NuTrak will identify ingredients and measurement automatically.

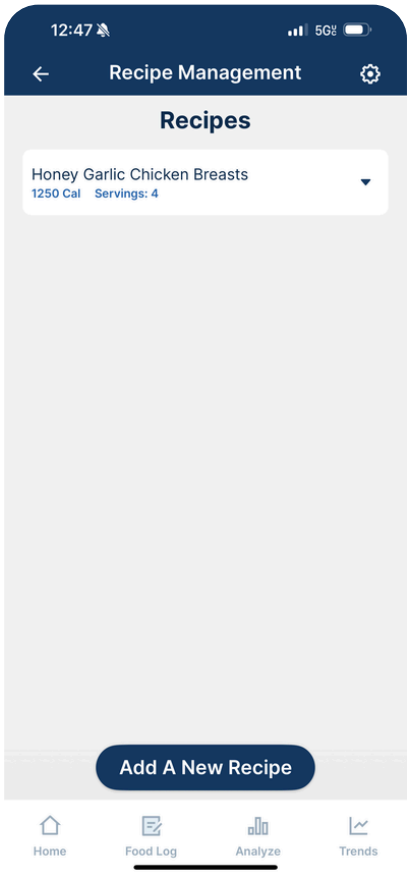
Tap the **Add** button next to each ingredient.



Food Log - My Recipes

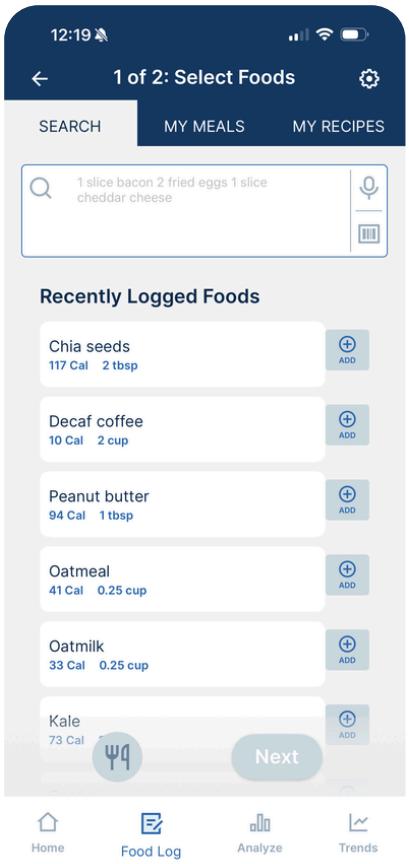
Save a recipe

Name the recipe and enter the number of servings, then tap **Save**.



Your recipe will appear in the **Saved Recipe List** for future use

Tap the **drop down arrow** to **edit**, **duplicate** or **delete** the recipe.

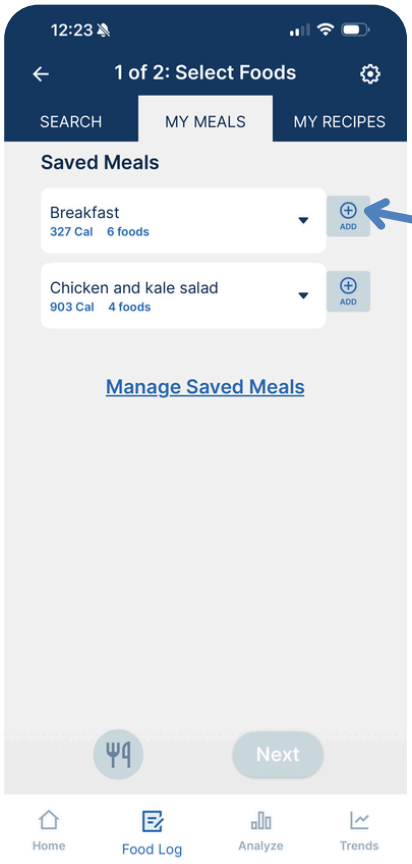


Food Log - Add Saved Meals or Recipes

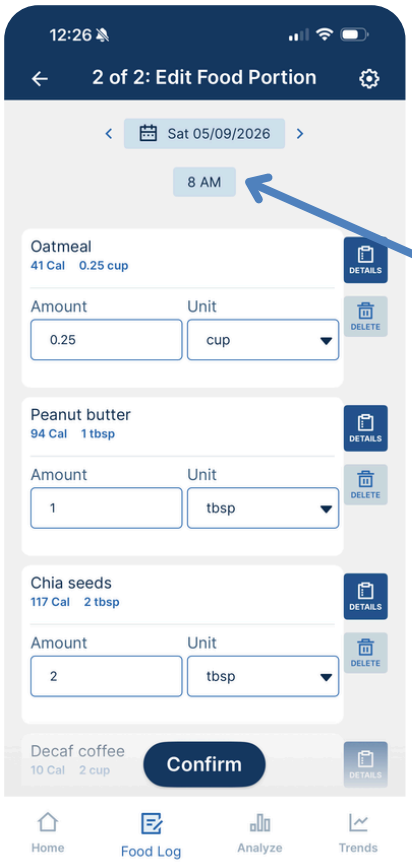
Add to food log

Go to **Food Log** > **Add Foods**

From here, tap **My Meals** or **My Recipe** tab to add a saved meal or recipe to your **Food Log**



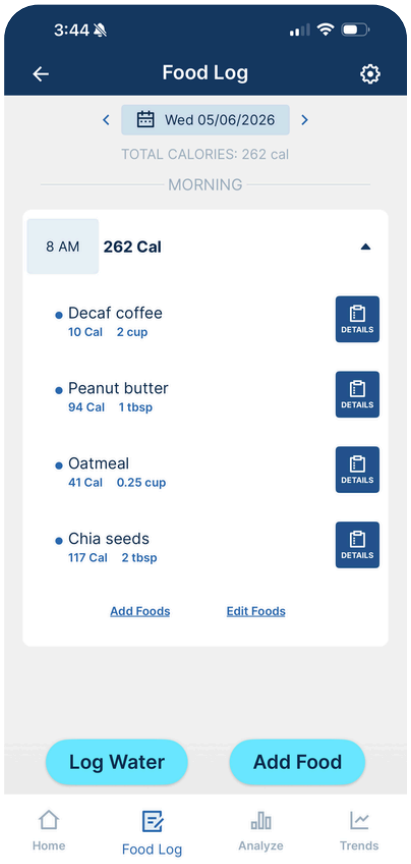
Tap **Add** next to the saved meal or recipe, then tap **Next**



Food Log - Add Saved Meals or Recipe

Log Saved Meal or Recipe

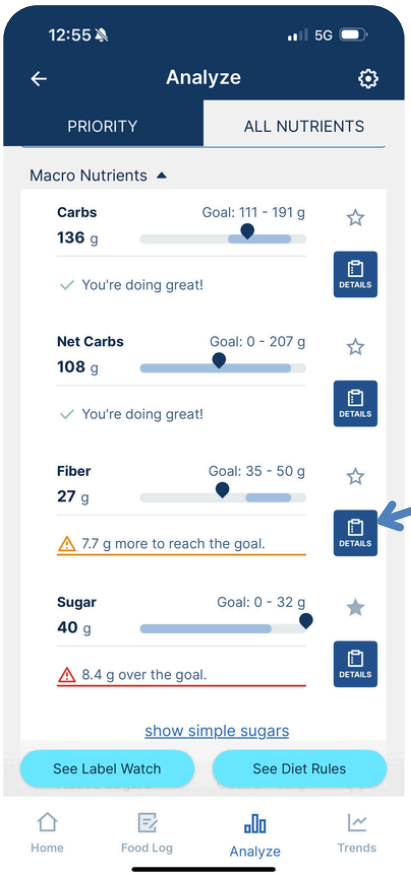
Tap the **time box** to change the meal time, adjust servings if needed, then tap **Confirm**.



Your meal or recipe will appear in your **Food Log**

Drop down arrow shows content of meal or recipe.

Tap **Details** any time to view the nutrient content of food.

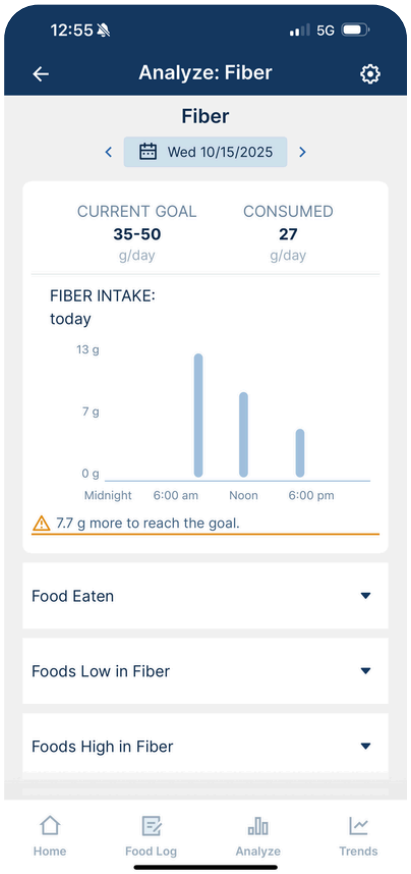


Analyze

Compare your intake to your personalized nutrient goals

After logging food, tap **Analyze** to see your results

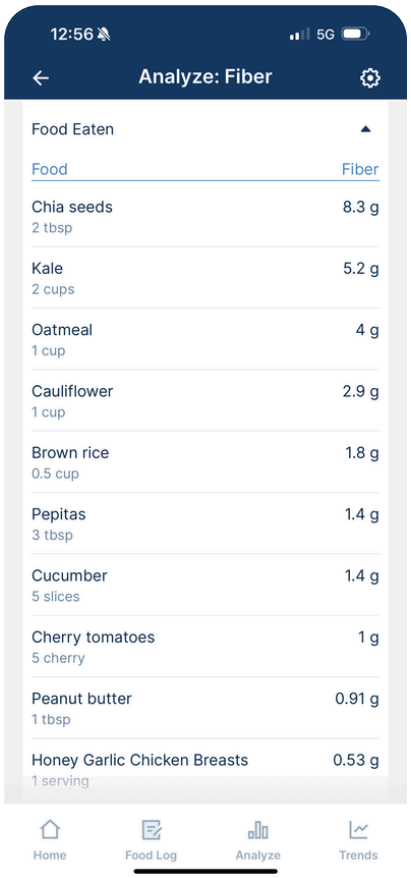
Low in **fiber**? Tap **Details** to learn more and see ways to improve your intake



Analyze Details:

View:

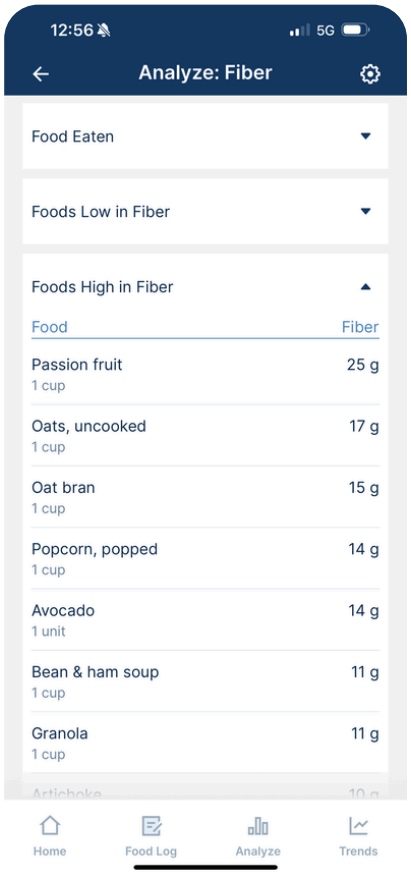
1. **Nutrient**
2. **Your goal** and amount consumed
3. **When** the nutrient was consumed
4. **Foods eaten** containing the nutrient
5. **Foods Low in Fiber** for lower fiber suggestions
6. **Foods High in Fiber** for higher fiber suggestions.



Analyze

Understand and improve your nutrient intake

Foods Eaten: See which foods contributed to your fiber intake



Fiber too low?

Check **Foods High in Fiber** to increase your intake and meet your personalized goal.

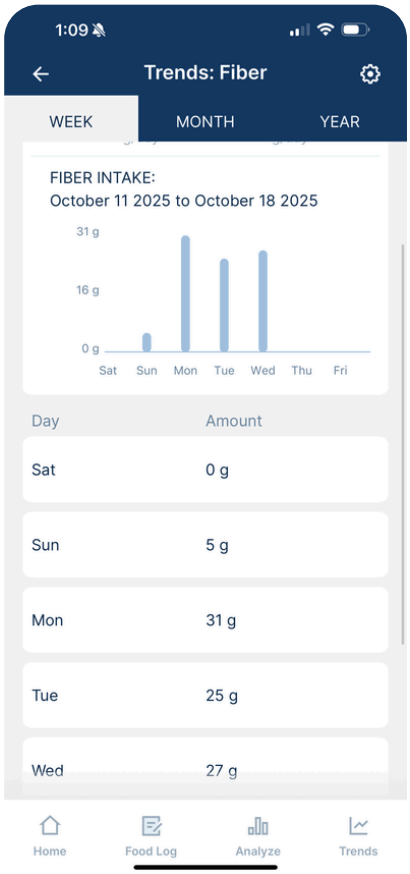


Trends

Track each nutrient over time

See how your fiber intake is trends toward your **personalized nutrient goals**

Tap **Details** to view your goal, daily average and intake

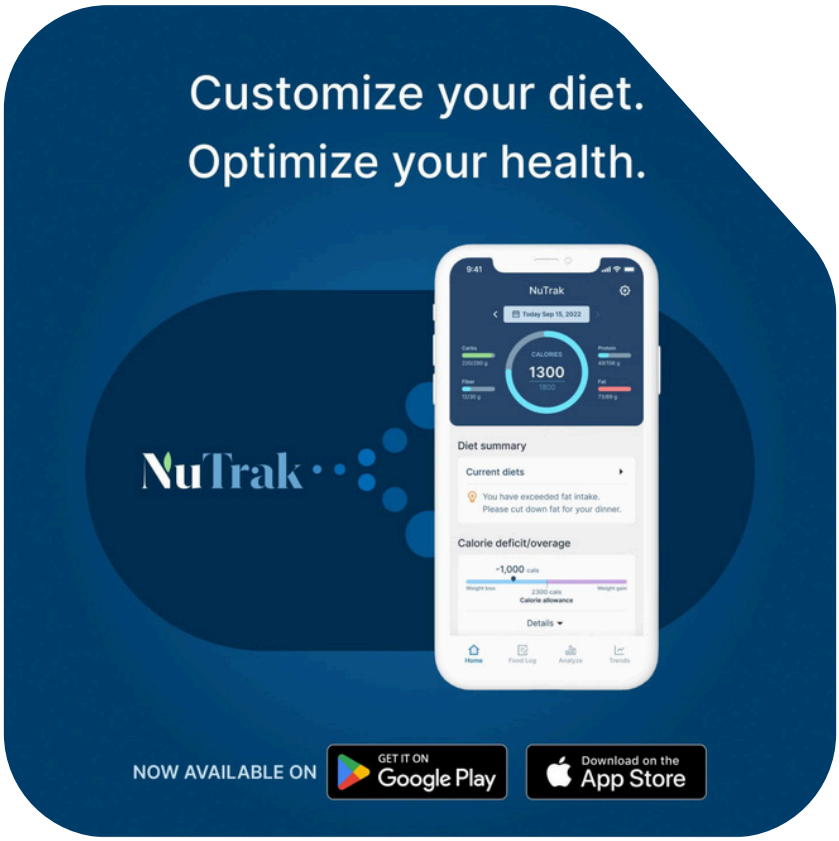


Use the **week, month or year** tabs at the top to see your totals over time

Your personalized plan is ready!

NuTrak takes the guesswork out of healthy eating

- Each **NuTrak diet** is built from recommended nutrient goals designed to support specific health needs.
- Select one or more **health conditions, lifestyle or weight goals** and NuTrak combines them into your **personalized nutrient profile.**
- Track what you eat. Then use '**Analyze**' to see how closely your diet is meeting your goals - because using Food as Medicine means **getting the right nutrients in the right amounts.**



Questions? Contact us at
support@nutrakhealth.com