

CRA NUTRITRACKTM SYSTEM



Key Features



Tracking Patients' Food Intake

The app provides a user-friendly food recording function for patients to track their daily food intake, making diet management easier, more convenient, and more accurate compared to paper records.



Reducing Dietitian's Workload

The app can automatically calculate calories, protein, and other nutrients from food records, allowing for quicker and more accurate patient monitoring.



Creating Meal Plan

The app can create personalized meal plans, tailoring to meet patients' requirements based on the app's calculations with a genetic algorithm, ensuring personalized and precise nutritional support.



Nutritrack is a web application designed to simplify dietary tracking and nutritional assessment. It allows patients to effortlessly log their food intake using a menu-based format, automatically calculates energy and nutrient values, and securely transmits the data to dietitians. This streamlined process enables dietitians to design personalised meal plans for effective nutritional treatment, reducing the risk of malnutrition and improving patient outcomes.

Benefits

The app enables continuous tracking of nutritional progress and sends reminders to patients to follow their meal plans, ensuring adherence and helping to prevent nutrient deficiencies.

Target Users

- Dietitians / Nutritionists
- Physician
- Patient

Using Steps

On the patient side.



1 Register and record health information.

- Weight
- Height
- Gender
- Age
- Chronic diseases.



2 Record daily meals intake

- Food menu
- Food portions



3 Check the nutritional result

- Body Mass Index : BMI
- Ideal Body Weight : IBW
- Adjusted Body Weight : ABW
- Calorie intake
- Protein intake

On the dietitians side.



1 Assess nutritional risks and set up goals based on patient's data.

- Calories Goal Requirements
- Protein Goal Requirements
- SPENT Nutrition Screening
- Nutrition Triage : NT-2013
- Nutrition Alert Form : NAF
- Refeeding risk assessment



2 Check the summary results and meal plans created by the app

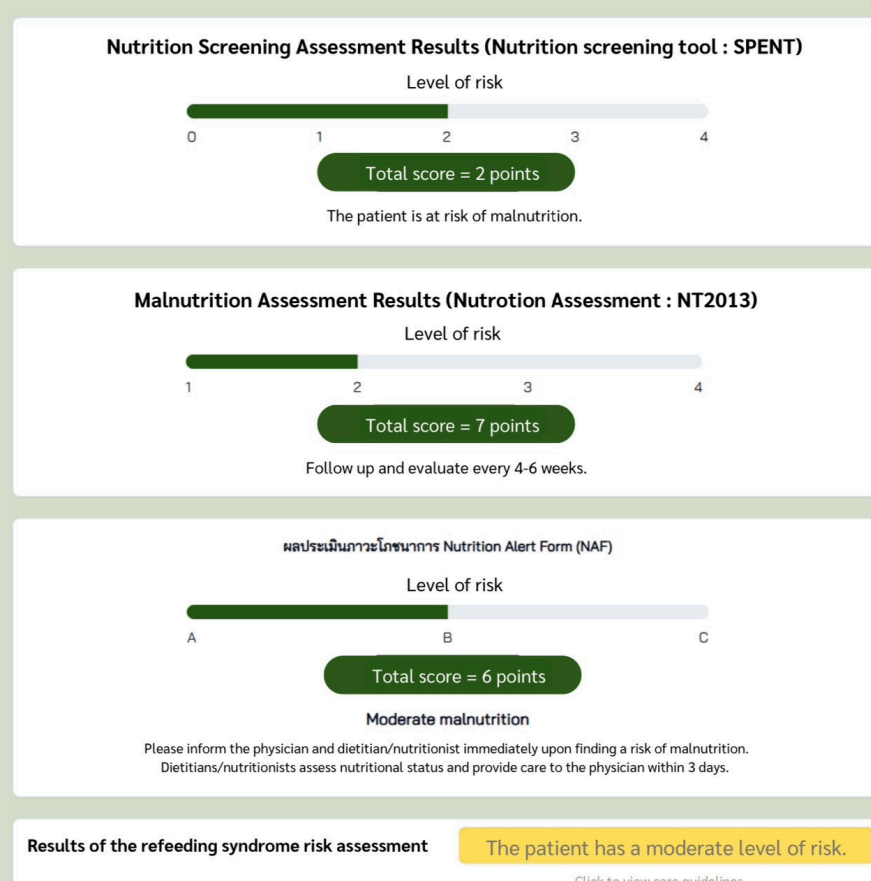
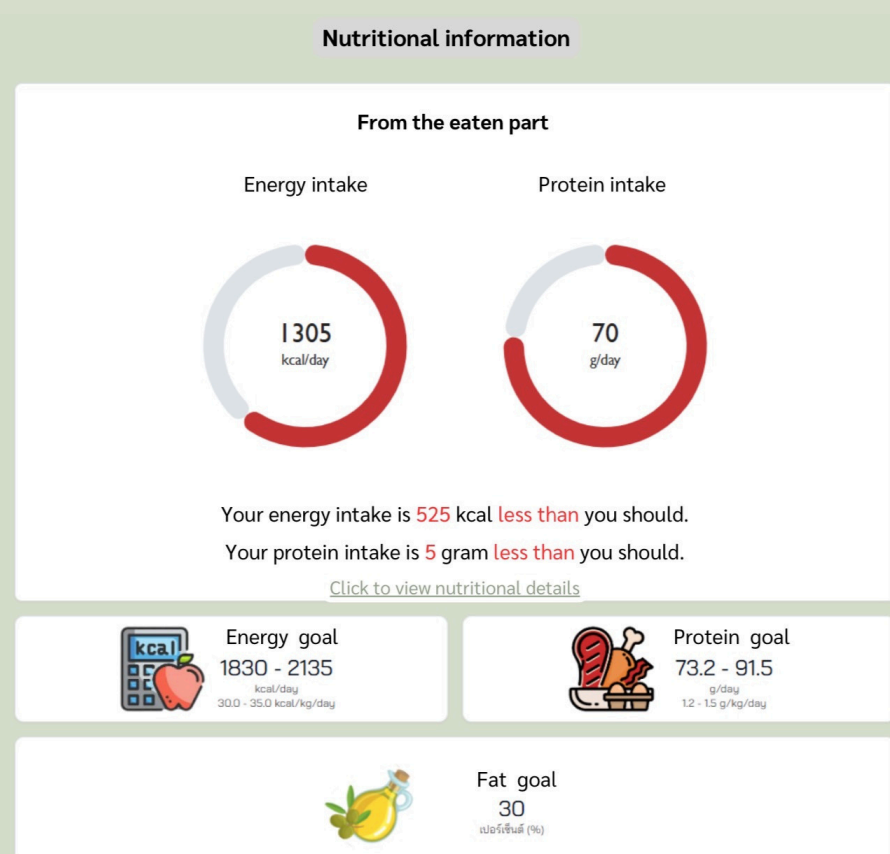
- Oral diet
- Oral nutrition supplements (ONS)
- Enteral nutrition



3 Monitor patient's data and provide counselling via the app if needed

- Calorie/Protein intake
- Goal Requirements
- Nutrient deficiencies
- Assessment scores
- Recommended meal plans

Results obtained from the Nutritrack web application.



Food portions

Very low fat meat	2	portion
Low-fat meat	7	portion
Low fat milk	1	portion
Oil	5	portion
Rice, flour and grains	11	portion
Vegetables type A	1	portion
Vegetables type B	4	portion
Fruit	4	portion

Oral Nutritional Supplements (ONS) 100 %

Dietary supplement product : Neomune (scoop)

Concentration (1:1) Amount: 3 cups

Provides 654 kilocalories per day and 42 grams of protein per day.

Dietary supplement product : Neomune (scoop) 6scoop

Add water to reach a total volume of 250 milliliters.

Provides 218 kilocalories of energy and 14 grams of protein per 1 glass.

Method of preparing medical food

In one meal, measure 6 scoops of Neomune medical food (scoop) and mix with water until it reaches 250 milliliters.

** Use the spoon provided with the product for accurate nutrient calculations**

[Click to view nutritional details](#)

