



# HEALTHCARE EDITION



# Deliver a winning client or patient experience

## **ACCURATE EVALUATION**

Accurately evaluate client dietary intake. Generate evidence based reports using the largest national & international dietary guidelines

## **ACTIONABLE RESULTS**

Deliver a superior client experience. Create complete and accurate diet logs for optimal client care and detail meal plans using branded data

## **GROW YOUR BUSINESS**

Increase brand awareness by adding your own logo to all reports and template

## **STAY CONNECTED ON THE GO**

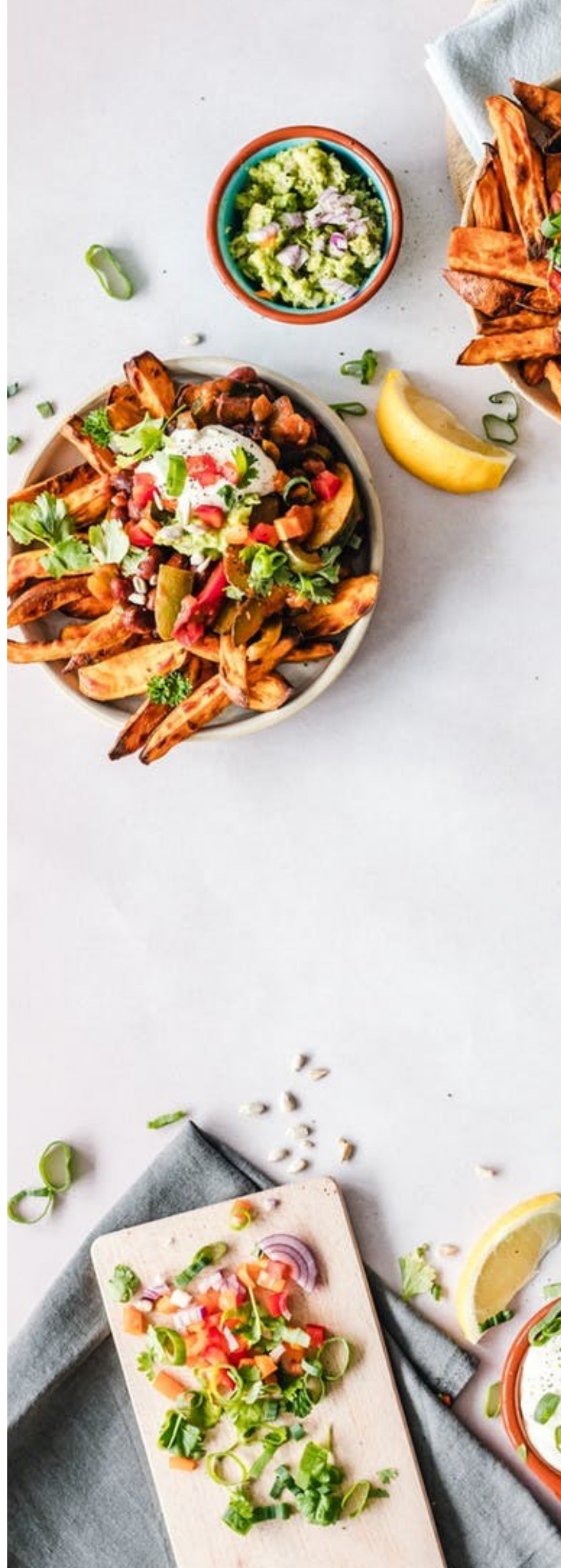
Access your data from anywhere on any device

## **UNPARALLELED DATA SECURITY**

Assure data privacy and confidentiality with the most robust security features available on the market

## **IMPROVE EFFICIENCY**

Collaborate more efficiently between different departments , e.g. your catering team



# Gold-Standard Nutrition Calculation Software

Meet your clients' medical needs and help them with long-term dietary management. Nutritics is a software platform that integrates 5 advanced nutrition tools in one package.

## **NUTRITION CALCULATOR**

Assess dietary intake of up to 258 nutrients including vitamins, minerals and glycemic load

## **DIET LOGS**

Input a food diary to assess nutritional status in comparison to National & International Reference Intakes

## **CUSTOMISABLE PROGRAMS**

Schedule events, send articles, videos, meal plans, recipes and more. Share to clients' phones via Libro with a click

## **MEAL PLANS**

Create meal plans using our database of over 800,000 foods, including supplements and branded data

## **RECIPE ANALYSIS**

- Nutritional analysis of recipes
- Automatic flagging of allergens
- Patient menu ordering platform
- Digital menu creation (for use on tablet/TV etc)
- Production of food labels
- Costing of menus

## **ACTIVITY LOGS**

Log exercise and activities, create energy expenditure and energy balance reports

## **INTEGRATIONS**

Connect Nutritics to your Electronic Health Record or Point of Sales or meal ordering systems via secure API





# Diet Analysis

Let the software do the calculations for you!

Save valuable time by automatically importing participants' data - no more manual logging!  
Gain greater control with accurate, up-to-date and evidence based data.

## **NUTRITION ANALYSIS**

Assess dietary intake of up to 258 nutrients including vitamins, minerals and glycemic load using our database of over 800,000 foods

## **PERSONALISE RECOMMENDATIONS**

Calculate client nutrition requirements based on age, weight, gender, activity level, goals and more

## **DRV EDITOR**

Make comparisons with National and International Dietary Reference Values, or set up custom targets using the DRV editor

## **REPORTS**

Sharable custom output from a food diary or 24hr recall. Add nutrient breakdowns, text reports and 'top sources of' suggestions.

## **VISUAL AID**

Reports show average actual intakes, Reference Nutrient Intake (RNI), Lower Limits (LRNI) and Upper Limits on the same report (SUL)

## **EXPORT TO MEAL PLAN**

Export diet logs to meal plans for quick and easy modifications



## Libro & Programs

Empower your clients to create healthier habits

LIBRO helps your clients to keep track of their health & lifestyle goals. With one click, you can invite clients to record their daily food intake and exercise. All information logged in LIBRO can be imported back into Nutritics for analysis and review. No more manual logging!

### **CONNECT WITH CLIENTS**

Save time by inviting clients to log their own food, exercise, sleep and much more - no more manual data entry! Import to Nutritics with one click!

### **SMARTER & MORE RELIABLE**

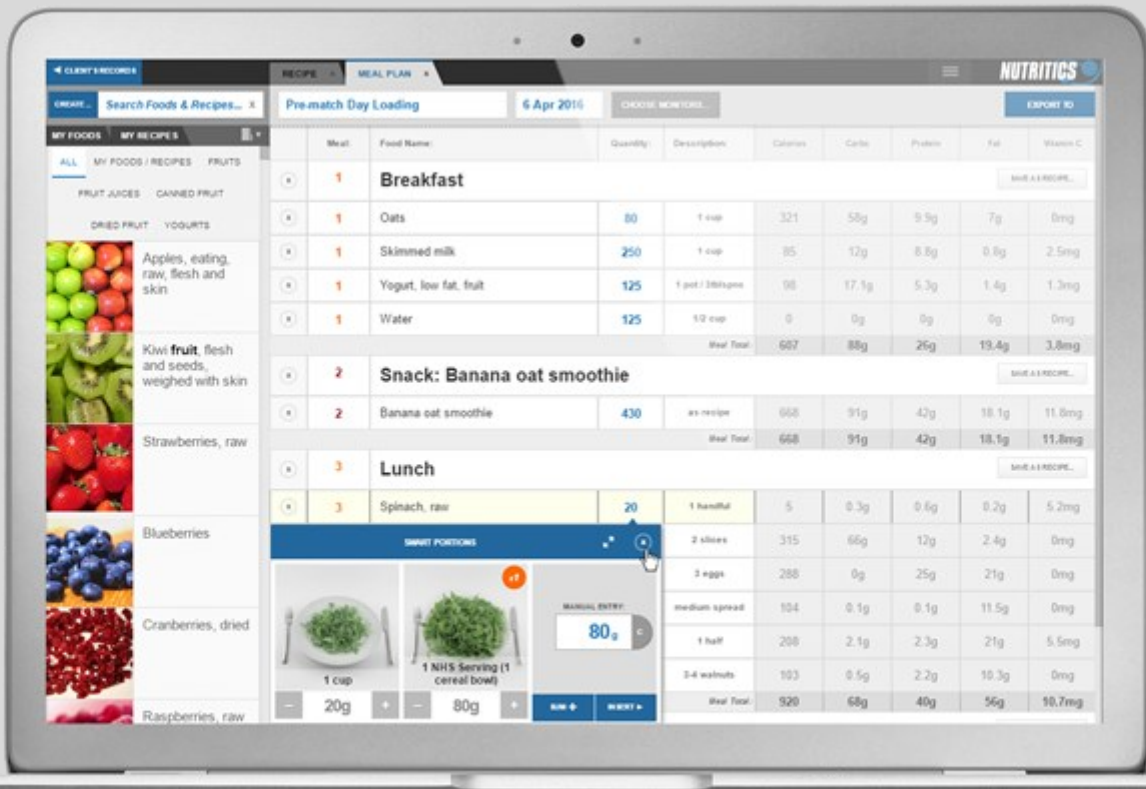
Built-in portion size photographs and a smart assistant help clients to accurately estimate food intake and activity in minimal time

### **TAILOR FOR SUCCESS**

Customise the app setup for each client, helping them to achieve their specific health and performance goals more effectively

### **CUSTOMISABLE PROGRAMMES**

Schedule events, send articles, videos, meal plans, recipes and more. Share to clients' phones via Libro with a click!



# Meal Planning

Help your clients to achieve their nutrition targets

Support your clients' health and well-being with customised nutrition plans to meet their dietary requirements.

## MEAL PLAN CREATOR

Create meal plans using our database of over 800,000 foods, including supplements and branded data

## RECIPE IDEAS

Choose from over 1000 recipes complete with cooking instructions for your clients to follow, or create your own recipes

## REPORTS

Save as a PDF or Excel, print, share via live link or email from within the program

## EXPORT TO FOOD DIARY

Export meal plans to food diaries and food diary reports for modification and full analysis

## NUTRIENT MONITORS

Choose any nutrient as a 'monitor' for the meal plan, depending on the requirements of your client



## Recipe Analysis

Input your recipes and let the software do the calculations for you!

Analyse nutrition content and automatically flag allergens before adding recipes to meal plans. Create healthier versions of clients' favourite recipes.

### RECIPE CREATOR

Automatically calculate allergens, calories and nutrition using our database of 800,000 ingredients or your supplier data

### REAL-TIME CALCULATION

Nutritional information, allergens, costs and claims are calculated in real-time

### NUTRITION & WEIGHT CHANGE FACTORS

Easy-to-use industry standard processing factors to calculate nutritional changes on cooking, fat & salt absorption and weight change

### REFORMULATION

Our reformulation engine will suggest adjustments to your recipe to improve the nutritional profile automatically

### NUTRITION & HEALTH CLAIMS

Nutritics indicates nutrition and health claims when your recipe meets the required conditions for the claim

### REPORTS

Reports can be exported as PDF, Excel, shared via live link, email or collaborator licences or sent to Nutritics' digital menu from directly within the program



## Activity Analysis

Ensure your clients consistently stay on top of their game

Create personalised reports you can present to your clients in a way that educates and motivates them.

### **ACTIVITY ANALYSIS**

Output from an inputted activity log, usually entered in tandem with the food diary to increase the accuracy of a PAL multiplier value (or replace the PAL multiplier altogether)

### **ENERGY CALCULATIONS**

Based on the latest Compendia of Physical Activities. Use true METs or corrected MET's to calculate energy expenditure (shown on the report in kcal/kJ)

### **REPORTS**

Overview of energy intake vs expenditure, a breakdown of Total Daily Energy Expenditure from Non-Exercise Activity Thermogenesis, Exercise Associated Thermogenesis and Diet Induced Thermogenesis

### **SHARING OPTIONS**

Save as a PDF or Excel, print, share via live link or email from within the program



# Consultancy

## **TECHNICAL CONSULTATION**

1 to 1 consultation with a technical expert, bespoke to your needs and designed to help you get the most from Nutritics.

## **RECIPE REVIEW SERVICE**

Remote review of recipes with detailed feedback on recipe calculation accuracy provided by email. Covers a wide range of criteria to ensure best practice standards have been met.

## **LABEL REVIEW SERVICE**

Remote review of food labels provided by email. Detailed feedback on your label content and outline of your requirements for complying with food law.

## **REGULATORY COMPLIANCE QUERY**

Remote review of a specific question regarding compliance with food law. Covers a wide range of topics to ensure your legal questions are answered.

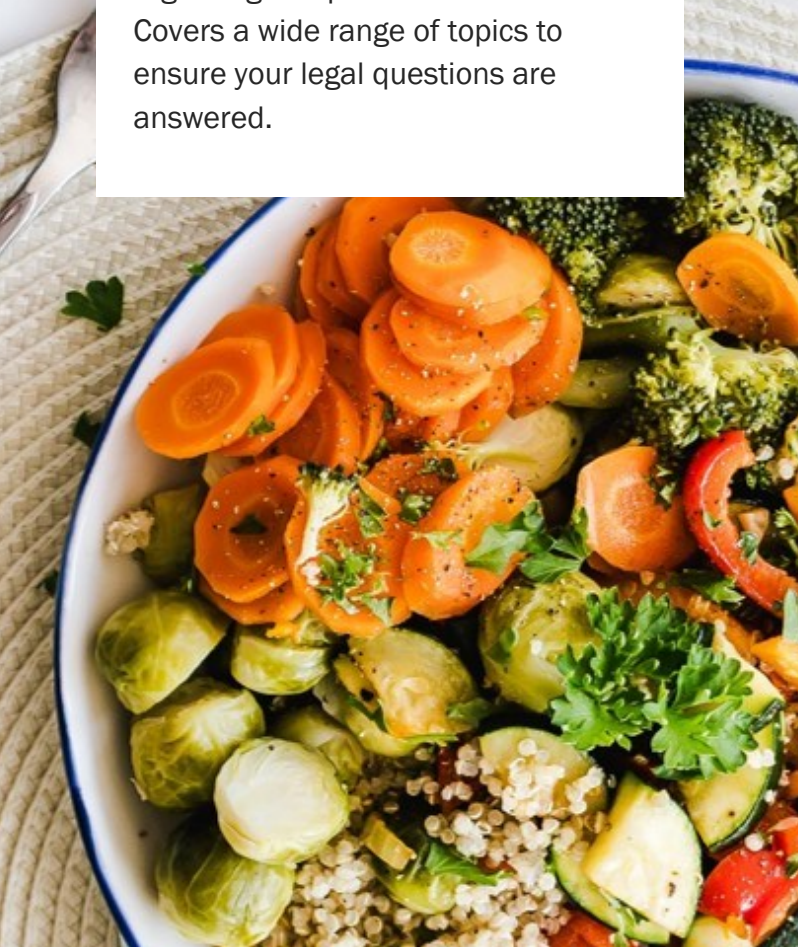
# Training & Certification

## **RECIPE CALCULATION COURSE**

Full day course is run by our in-house Regulatory Affairs Specialist. Ensure you are performing recipe calculations in line with best practice, and gain confidence in the complex area of nutrition calculation.

## **BESPOKE TRAINING**

Our experts teach you and your team all you need to know about Nutritics. From dietary intake assessment and conducting research to food labelling, allergen management and digital menu setup. Maximise efficiency with a bespoke session.



# Nutritics API

Real-time access to the most specialised nutrition engine

Use the power Nutritics in your own app, program or website. Access over 800,000 foods nutrition, recipe and food-related data from official national & international and branded food databases for multiple regions. Use our unique calculation engine to bring new value to your business with minimal investment and effort.

The Nutritics API can be used to integrate our system with other systems such as Patient Menu Ordering Systems, Point of Sales systems, Electronic health Record systems, nutrition apps, websites or any other IT system.

The Nutritics API uses JSON formatting and runs over our SSL domain with an additional custom cipher layer. All data from Nutritics can be retrieved or sent via the API, including client details, food search, recipe calculations, costs, reports, meal plans and food labels.



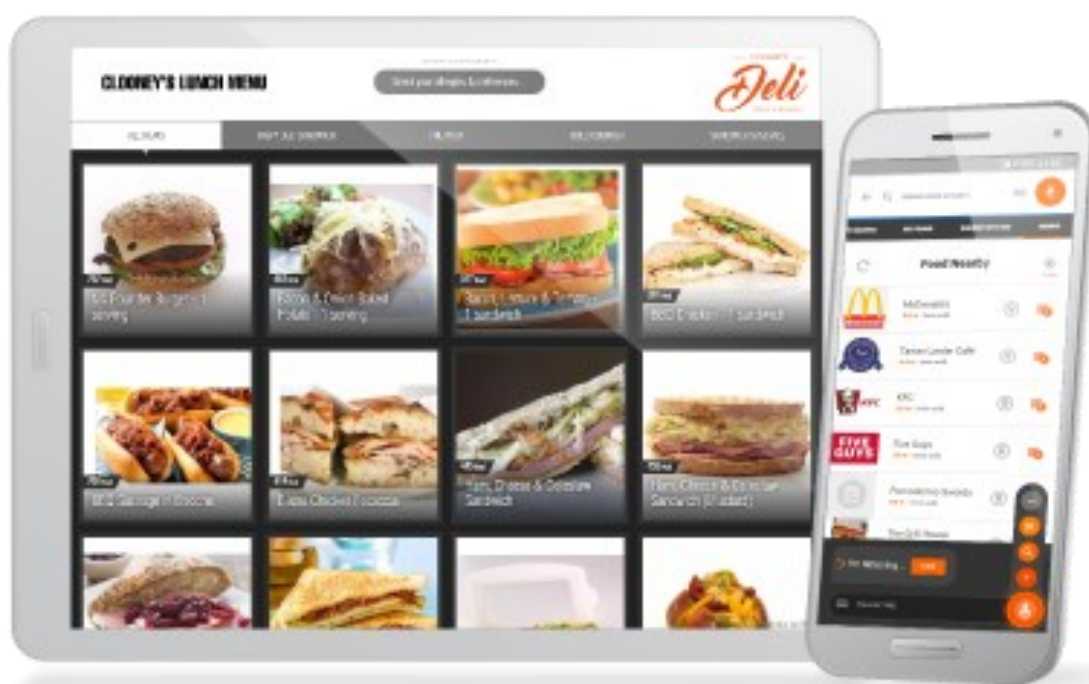
# Patient Meal Ordering System

Place the patient at the centre of the meal ordering experience and further improve efficiency across the hospital

The Nutritics meal ordering system connects the dietetic department, catering department and ward staff to the patient. This enables personalised, evidence-based food choices to enrich the patient experience, and minimises the risk of malnutrition or allergen exposure through multiple layers of meal screening.

With this system, a patient can order (or be assisted in ordering) meals from a visual menu of items that are fed directly from your recipes and menu cycles in Nutritics, displayed on a tablet or even on patients own smartphones. The menu can be easily filtered to meet specific nutrition, fortification, IDSSI and allergen requirements, or can be filtered automatically based on patient number or bed number. Orders are then aggregated to the kitchen where there is full visibility of meal requirements per patient, per ward and across the entire hospital.

This meal ordering system has been developed with your entire team and patients in mind, aiming to provide a number of benefits to both catering and dietetics management processes such as reducing cost and food waste and improving the patient experience.



# A Dietitian's Story: New Plymouth Nutrition

New Plymouth Nutrition is a leading dietetic practice in New Zealand with a mission to encourage their clients to be the best version of themselves. In this case study, Maggie Radich, Founder and Lead Dietitian at New Plymouth Nutrition, discusses the challenges presented by a lack of suitable professional sports nutrition software and how New Plymouth Nutrition has overcome this by building a partnership with Nutritics.

## Executive Summary

New Plymouth Nutrition is focused on delivering the best possible service to clients. As the practice has grown, increased requests for personalised nutrition and meal plan recommendations from leading clients including Yarrows Taranaki Bulls (TRFU) grew. Maggie recognised the need for a specialised nutrition software solution that accounts for specific athlete dietary requirements to improve wellbeing and performance.

New Plymouth Nutrition chose Nutritics as their preferred software due to the range of functionality, the diverse food database, customised reports for each client and ease of use. The team can trust the information that Nutritics provides and the expert team behind the software.

## Finding the Right Solution

Maggie and her team spent a significant amount of time researching the market for the most suitable product for their needs.

“Our main challenge was the lack of suitable sports nutrition focused software. A lot of the food and nutrition software solutions on the market don't have any specific sports nutrition products listed as part of their database. Even simple things like whey protein. This presents a significant challenge when working with athletes where these food items are part of their daily intake” Maggie notes.

## Why We Choose Nutritics

“A fellow sports dietitian recommended Nutritics at a National Dietitians Board meeting and I signed up to take a look.

“Thanks to their free trial, we were able to review Nutritics' sports edition in great detail. It was an easy decision for us to sign up. The main reasons for implementing Nutritics across our practice were:

- The accurate nutrient breakdown
- The customisable and printable reports
- The ability to create and analyse recipes in minutes
- Their support team that were willing to go the extra mile to assist us

*“I was really satisfied with the premium support I received. It is incredible, it is quick and supportive. When having questions, being able to send them and have them answered straight away, was a huge selling point.”*



### **Achieving Tangible Results**

“Nutritics is great for working with a broad range of clients and you can customise the software for each client. For example, you can reduce calorie intake for one client and increase them for another based on their particular needs. It is very easy to understand.

“The PDF printouts are awesome. They look good and provide a very detailed breakdown of what you are eating. It looks really scientific and makes me more credible. It is nice to give a handout to my clients to educate them about food. For example, if I switch a client over to almond milk from cows milk, I can show them how the change will affect their protein intake. It provides a visual aid to what I talk to my clients about.

“Some of the athletes I work with do not speak English as their first language. Having the ability to visually show them what they are aiming for at each meal and how they are going to get there really assists with any communication barriers. If the players don’t understand what I am saying, I can show them and they love it.

“Each Taranaki player has different needs and goals that I have to cater to. For example, a lot of them are eighteen or nineteen years old and need to increase their muscle mass by ten kilos. Thanks to using Nutritics, I can now give them the information on how to get there faster and in greater detail.”

### **Going the Extra Mile**

“Outside of my sports nutrition work, I recently I saw a couple who had spent time

with another practitioner who wasn’t suitably qualified and they had struggled to meet their nutrition goals. During their first consultation I gave them a meal plan outlining what they should be eating. They were delighted as the Nutritics report outlined the detail behind the plan to assist with their nutrition education. They were really intrigued.

*“Nutritics gives me backup - it is like having another colleague.”*

### **Concluding Remarks**

“We are a leading private dietetic practice that not only relies on our extensive knowledge base but also leverages the most advanced nutrition technology to provide superior nutrition advice to our clients. We feel that working with Nutritics adds further credibility to our brand, increases client satisfaction and sets us apart from competitors.”



# A Hospital's Story: Lewisham Hospital

In this case study, Jennifer Robison, Specialist Adult and Paediatric Cystic Fibrosis Dietitian at Lewisham Hospital\* in London, UK discusses the challenges in providing detailed nutrition information to cystic fibrosis patients and outlines why Lewisham Hospital has benefited from their partnership with Nutritics.

## Executive Summary

Lewisham Hospital is focused on developing a culture of high performance and complete patient satisfaction. Their previous nutrition analysis software lacked details on foods and the team were increasingly spending a significant amount of time inputting the nutritional values for missing foods manually. They required a modern solution with a larger food database that could easily integrate with the hospital's existing IT systems.

They chose Nutritics due to the range of functionality, large up-to-date food databases, portion size pictures and ease of use of the product. The team feel they can trust both the information provided and the Nutritics team behind it.

## In-depth Nutrition Analysis

Jennifer regularly completes in-depth nutrition analysis with her patients, asking them to track consumption for seven days. Being able to identify exactly what her patients are eating is crucial in giving more explicit and accurate dietary advice.

“Yet, the hospital's previous nutrition analysis software was an old-

fashioned program. The food search was increasingly lacking current foods, so I would eventually enter food products myself. They didn't even have such things as blueberries,” Jennifer recalls. Analysing hundreds of food diaries became increasingly more tedious and manual.

Finding old reports to map a patient's journey was challenging as well. Once a report had been archived, it was difficult to retrieve.

## Finding a Solution

The Hospital conducted a comprehensive review of the market to find a suitable replacement. After trialling various software options, they quickly acknowledged that Nutritics was the leading solution available to meet their needs.

***“Nutritics has everything and keeps increasing its range of features. Generally, it's much, much better and more up-to-date than things we used in the past.”***

In addition, Nutritics offered an API for easy integration with the hospital's existing IT systems. A lot of alternatives were not able to offer this.



## Providing Better Insights

*“The portion sizes are helpful and the pictorial portion sizes are a really good feature.”*

It helps patients to explain exactly how much they have been eating of a certain food. On the other hand, Jennifer herself uses the feature to further illustrate her dietary advice. The nutrient requirement guidelines are another key benefit for the hospital.

“Basically, using Nutritics makes my job better,” Jennifer highlights. When completing her analysis, she can now refer back to the patient’s report from the previous period as it is logged in the system. “It’s good that you can log in to each patient and update it as you go,” she adds.

For example, patients who invent their own high energy milkshakes make it difficult for Jennifer prescribe the correct amount of CREON\*. As Nutritics is web based, Jennifer can access it from anywhere and by reviewing the analysis results in real time, she can immediately understand the detailed nutrient content and give her patients a better idea of how much CREON they need.

*“Overall, Nutritics provides better insights on where to focus on with a patient and gives much more powerful and targeted advice.”*

“We look forward to continuing to leverage their software to provide the best possible service to our patients.”





Nutritics is dedicated to make food information more accessible and more valuable to implement using technology. Combining nutrition science, food law and technology, Nutritics saves you time, money and unlocks new potential for your business.

We provide nutrition software to thousands of forward thinking clients in healthcare, elite sport, food services, food manufacturing, and education. By using Nutritics for dietary analysis, meal planning or recipe and menu management and food labelling, today's professionals have the best tools available to help their clients to make accurate, relevant and actionable food choices.

The company was founded in 2013 by Damian and Ciarán O'Kelly and has quickly grown to be the nutrition management software of choice for clients across more than 170 countries.

Learn more at [www.nutritics.com](http://www.nutritics.com)