



A menu for health.

Ensure a varied and balanced food intake whatever your tastes,
your lifestyle,
your diet,
your food hypersensitivities
delayed (intolerances),
immediates (allergies).

Manage my food intake and my food hypersensitivities

User manual for online service

with



what-foods.com

"The Nutrimeter® lets you know what's really on your plate".
Dr Rémi Gressard



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1°) Introduction

1.1°) Forward

Food is a major health factor.

Adapting your food to your nutritional needs, while taking into account any food intolerances or allergies, is essential for keeping you in good health, in good shape and at the right weight.

Only by carefully managing the multiple factors composing your diet can you optimize them to meet your personal nutritional requirements.

The *What Foods* Premium service "Manage my meals" aims to help you manage your diet by taking into account your personal recommended dietary intakes, your culinary preferences and your food intolerances and allergies.

Functionally, the service allows you to

- Set your personalized food profile
- Find recipes suitable for your profile
- Keep a journal of your diet
- Plan your meals
- Monitor your alerts, make nutritional and statistical analyses
- Calculate the nutritional value of your meals with the Nutrimeter®

These features were designed to make it easier for you to correctly manage your diet.

The *What Foods* team wishes you « Bon Appétit »!

1.2°) Getting started

This manual provides all the features of the Premium offer. There are two other offers that involve only part of these features, such as synthetically shown in the table below:

Offers	Basic	Hypersensibilities	Premium
Food lifestyle	X	X	X
Food preferences (tastes)	X	X	X
Nutritional profile	X	X	X
Hypersensibilities profile		X	X
Recipes search	X	X	X
Food Hit-Parade (nutrimeter®)	X	X	X
Food substitutes advice		X	X
Menus suggested			X
List of recommended foods for the day			X
Weekly menus planner			X
Food Journal			X
Nutritional and statistical analysis			X

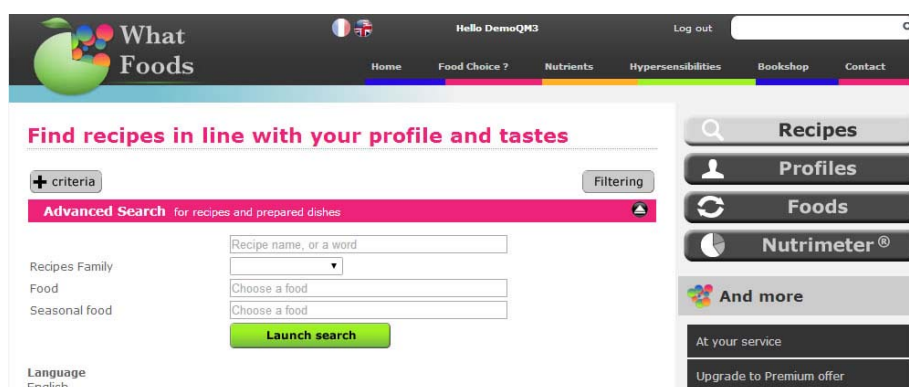
When log in to the service, the first screen that appears is the recipe search. The menu that accompanies this function differs according to the commercial offer which you have subscribed.

In each offer, you have a recipe search on some criteria, which will be detailed later, with all the criteria available when you press the button "more criteria."

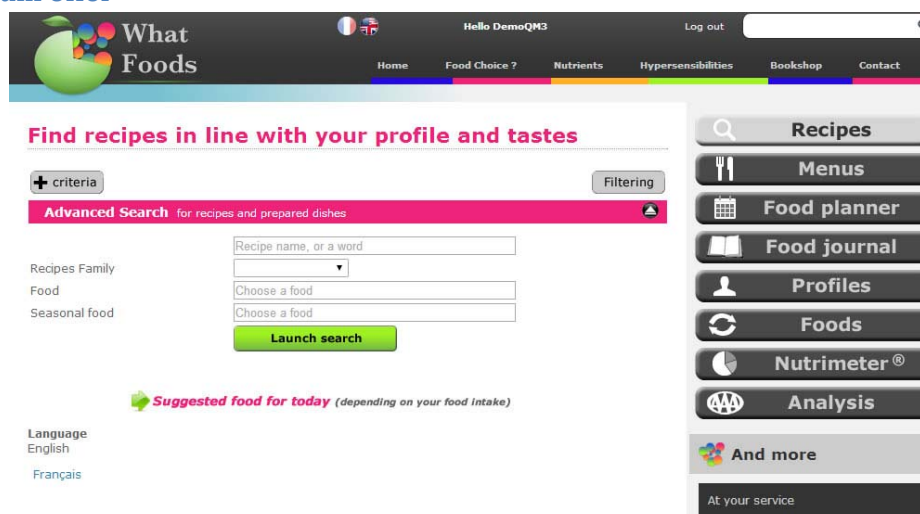
1.2.1°) Basic offer



1.2.2°) Hypersensibilities offer



1.2.3°) Premium offer



Find recipes in line with your profile and tastes

+ criteria Filtering

Advanced Search for recipes and prepared dishes

Recipe name, or a word

Recipes Family

Food

Seasonal food

Launch search

Suggested food for today (depending on your food intake)

Language
English
Français

Recipes

Menus

Food planner

Food journal

Profiles

Foods

Nutrimeter®

Analysis

And more

At your service

In Premium offer, it is proposed to list the foods you can eat and take into account the rotation of foods, based on food intake reported in the food journal and / or food planned. This list is displayed in a popup as well:

Meat	Poultry	Fish	Shellfish and seafood
Vegetables	Salads	Pulses (legumes)	Fruits
Food family	Foods prefer to meet the rotation		
vegetables	Carrots		declared preference
	Tomato		declared preference
	Acorn squash (Courgeon)		
	Agave		
	Anserine		
	Arugula		
	Asparagus		
	Aubergine		
	Bamboo shoots		
	Beetroot		
	Ben Fodder		
	Blueberry		
	Broccoli		
	Brussel sprouts		
	Burdock root (cocklebur)		
	Butternut Squash		
	Cauliflower		
	Celeriac		
	Chinese cabbage		
	Courgette		

2°) Profiles

2.1°) Home page for profiles


A screen appears presenting the different parameters composing your profile. You can access each one by clicking on the individual tabs

Set your nutritional profile and preferences

BMI : Weight less than recommended weight

Nb intolerances
• With total exclusion : 2
• With rotation (4 D) : 0

Nb of active allergies : 1



Hypersensibilities **Tastes**

Physiological Nutritional Life style Delayed Immediates Proteins Foods

Physiological Profile and Activities

Age (years)

Height (cm)

Weight (kg)

sex ☐ Man ☒ Woman

For women ☐ Pregnant (1st trimester)
☐ Pregnant (2nd trimester)
☐ Pregnant (3rd trimester)
☐ Breast-feeding
☒ NO

Professional and personal activities ☐ Impaired mobility (bed, chair)
☐ Low activity (sedentary work)
☒ Average activity (sedentary work with some travel, no leisure-time physical activity)
☐ High activity level (standing work, daily leisure physical activity)
☐ Very high activity level (physical labour, sports)

Change the weight with the latest entered in the food journal ☐ Check box, and then confirm

OK



Here are some tips for using the tabs that give access to the multiple functions provided by service:


- **Open a tab:**

Click on the icon , which will rotate clockwise a quarter of a turn, to open the tab

- **Close a tab**

Click on the icon , which will rotate a quarter of a turn, to close the tab

- **Position an open tab at the top of the screen**

Click on the icon , located on the right in the title banner of the tab. The tab (*which must already have been opened, otherwise it will not work*) will then be positioned at the top of your screen to help you to use the corresponding function more easily.

2.2°) Physiological profile

You must first define your physiological profile, including your:

- Age
- Height
- Weight
- Professional and personal activities
- If you are a woman: whether you are pregnant or breast-feeding.

This information will help you define your personal nutritional profile, which you can adapt as we shall see later.

In your food journal, you can enter your weight each day if you wish. You can ask to change your weight as defined in your profile when you started, by replacing it with the latest weight entered in the journal. To do this, simply check the box to that effect and press the "Confirm" button. By activating this update function, your nutritional profile is recalculated and updated (only the calculated RNI, not the ones modified you may have modified individually).

Physiological Profile and Activities	
Age (years)	<input type="text" value="45"/>
Height (cm)	<input type="text" value="170"/>
Weight (kg)	<input type="text" value="45"/>
Sex	<input type="radio"/> Man <input checked="" type="radio"/> Woman
For women	<input type="radio"/> Pregnant (1st trimester) <input type="radio"/> Pregnant (2nd trimester) <input type="radio"/> Pregnant (3rd trimester) <input type="radio"/> Breast-feeding <input checked="" type="radio"/> NO
Professional and personal activities	<input type="radio"/> Impaired mobility (bed, chair) <input type="radio"/> Low activity (sedentary work) <input checked="" type="radio"/> Average activity (sedentary work with some travel, no leisure-time physical activity) <input type="radio"/> High activity level (standing work, daily leisure physical activity) <input type="radio"/> Very high activity level (physical labour, sports)
Change the weight with the latest entered in the food journal	<input type="checkbox"/> Check box, and then confirm
<input type="button" value="OK"/>	

2.3° Food lifestyle

The food lifestyle, chosen from the list, allows you to set up a specific predefined filter. This can be used in many functions, as we will see later. The choice of this lifestyle can be supplemented by other profiles for food intolerances and / or allergies, as explained later.

Food life style
<input type="radio"/> No food life style <input checked="" type="radio"/> Gluten free <input type="radio"/> Lactose free <input type="radio"/> Vegan <input type="radio"/> Vegetarian <input type="radio"/> Kosher <input type="radio"/> Halal
<input type="button" value="OK"/>

2.4° Nutritional profile

The physiological profile information serves to determine the values recommended by nutritional scientists for each of the 34 nutrients used by the Nutrimeter®. These values are those presented in the reference book "The recommended dietary intake for the French population" coordinated by Professor Ambroise Martin, which features contributions from leading experts in the field of nutrition.

The calculation of these RNI values is performed by the Nutrimeter® on the basis of the information for the physiological profile, for everyone aged 1 to 99 years. You can change the data of your physiological profile at any time. The RNI are immediately recalculated on the basis of the new data.



The individual nutritional values that you add to those calculated are done so under your responsibility. The values that you enter will be the ones used for all the nutritional analyses, replacing the ones calculated. We recommend that you do not change them, unless recommended by a professional, doctor, nutritionist, dietician or other specialist in the field of nutrition.


To remove a value you may have added, simply replace the value with a zero. The Nutrimeter® will then revert back to using the value calculated for your physiological profile when making subsequent nutritional analyses.

Nutritional Profile (RNI)		
Nutrient	Calculated RNI	Edited RNI
Energy, Directive 2008/100/CE for labelling	1 970,9 kcal	
Protein	36,0 g	
Carbohydrate	246,4 g	
Fat	72,3 g	
Saturated FA	17,5 g	
Monounsaturated FA	43,8 g	
Polyunsaturated FA	10,9 g	
Linoleic FA (Omega 6)	8,8 g	
Alpha-linolenic FA (Omega 3)	1,8 g	
DHA FA	0,1 g	
Cholesterol	150,0 mg	
Calcium	900,0 mg	
Copper	1,5 mg	
Iron, total	16,0 mg	
Iodide	150,0 µg	
Magnesium	270,0 mg	
Manganese	2,0 mg	
Phosphorus	750,0 mg	
Potassium	600,0 mg	
Selenium	45,0 µg	
Sodium	2 360,0 mg	
Zinc	12,0 mg	
Retinol	600,0 µg	
Beta-carotene	3 600,0 µg	
Thiamine (Vitamin B1)	1,1 mg	
Riboflavin (Vitamin B2)	1,5 mg	
Niacin (Vitamin B3 or PP)	11,0 mg	
Vitamin B5 or Pantothenic acid	5,0 mg	
Vitamin B6	1,5 mg	
Folates, total (Vitamin B9)	300,0 µg	
Vitamin B12 or Cobalamin	2,4 µg	
Vitamin C, total	110,0 mg	200,0
Vitamin D	5,0 µg	
Vitamin E (alpha-tocopherol equivalent)	12,0 mg	
Fibres	30,0 g	

[Edit](#)

For each of the 34 nutrients, you can display (in a popup from the list above, or from the menu "Nutrients") summary information on these nutrients, in particular with an indication of toxic excess or deficiency limits (red areas, see example below with vitamin C). These are displayed in graphic form when scientists have defined such limits.

These values are used for the nutritional analysis, that will be detailed later.


**What
Foods**

Vitamin C

Description

Vitamin C is involved in hydroxylation reactions (particularly collagen synthesis) and redox (nitrite and iron). It also comes in réactions root as a free radical scavenger. Vitamin C is the most potent activator of intestinal absorption of non-heme iron.

Vitamin C has many roles: antioxidant, removing heavy metals, immune system, production of hormones in the brain (neurotransmitters) and manufacturing support tissue (collagen).

Sources of Vitamin C (Ascorbic Acid)

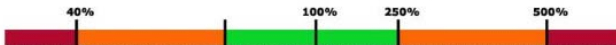
See the list of foods that provide the most vitamin C

Needs

The 100% value in the RNI Nutrimeter ® is 110 mg per day in adults. Given the role of vitamin C in many functions, the Food and Drug Administration péconise pass this value to 250 mg.

The safety limit is above 500 mg per day (we retain a value of 500% in the Nutrimeter ®)

An intake of 30 mg per day ensures the role of the antiscorbutic vitamin C (we will retain a minimum of 40% in the Nutrimeter ®)



(Source: "Recommended dietary allowances for the French population," the CNERNA-CNRS. Edition coordinated by Ambroise Martin.)

2.5°) Food hypersensibilities delayed (intolerances type III) profile

The information you enter in this profile results from a test that may have been made by specialized laboratories. For associated laboratories with which What Foods has signed a partnership, you can update this profile by automatically importing these results into your profile.

In all other cases, you must enter the following information, along one of the two proposed methods:

2.5.1°) The « global » enter by level

Food intolerance profile (Type III)

Duration of exclusion Class 1	9	weeks
Duration of exclusion Class 2	13	weeks
Duration of exclusion Class 3	26	weeks
Duration of exclusion Class 4	52	weeks

Edit

Food intolerances class 1-4 :

Input mode :

Unit

Ingredient	Ingredient	Ingredient
<input type="checkbox"/> Agar-Agar (E406)	<input type="checkbox"/> Agave nectar	<input type="checkbox"/> Alfalfa
<input type="checkbox"/> Allspice	<input type="checkbox"/> Almond	<input type="checkbox"/> Aloe Vera
<input type="checkbox"/> Amaranth	<input type="checkbox"/> Anchovy	<input type="checkbox"/> Angler, Monkfish
<input type="checkbox"/> Aniseed	<input type="checkbox"/> Apple	<input type="checkbox"/> Apricot
<input type="checkbox"/> Arrowroot	<input type="checkbox"/> Artichoke	<input type="checkbox"/> Asparagus
<input type="checkbox"/> Aspergillus Niger	<input type="checkbox"/> Aubergine	<input type="checkbox"/> Avocado
<input type="checkbox"/> Bamboo shoots	<input type="checkbox"/> Banana	<input type="checkbox"/> Barley
<input type="checkbox"/> Basil	<input type="checkbox"/> Bay boletus	<input type="checkbox"/> Bay leaf
<input type="checkbox"/> Beef	<input type="checkbox"/> Beetroots	<input type="checkbox"/> Benzoic acid (E211)
<input type="checkbox"/> Black tea	<input type="checkbox"/> Blackberry	<input type="checkbox"/> Blueberry
<input type="checkbox"/> Brazil nut	<input type="checkbox"/> Broad bean	<input type="checkbox"/> Broccoli
<input type="checkbox"/> Brussel sprouts	<input type="checkbox"/> Buckwheat	<input type="checkbox"/> Butterhead lettuce
<input type="checkbox"/> Camel milk	<input type="checkbox"/> Camomile	<input type="checkbox"/> Candida
<input type="checkbox"/> Candied lemon peel	<input type="checkbox"/> Cane sugar	<input type="checkbox"/> Capers
<input type="checkbox"/> Caraway	<input type="checkbox"/> Cardamom	<input type="checkbox"/> Carob
<input type="checkbox"/> Carp	<input type="checkbox"/> Carrageenan (E407)	<input type="checkbox"/> Carrots
<input type="checkbox"/> Cashew kernels	<input type="checkbox"/> Cassava	<input type="checkbox"/> Cauliflower
<input type="checkbox"/> Celery	<input type="checkbox"/> Cep (boletus)	<input type="checkbox"/> Chantrelle
<input type="checkbox"/> Chard, Beet greens	<input type="checkbox"/> Cherry	<input type="checkbox"/> Cheril
<input type="checkbox"/> Chicken	<input type="checkbox"/> Chicken egg	<input type="checkbox"/> Chickpeas
<input type="checkbox"/> Chicory	<input type="checkbox"/> Chili Cayenne	<input type="checkbox"/> Chili Habanero
<input type="checkbox"/> Chili Jalapeno	<input type="checkbox"/> Chinese cabbage	<input type="checkbox"/> Chive
<input type="checkbox"/> Cinnamon	<input type="checkbox"/> Clove	<input type="checkbox"/> Cocoa bean
<input type="checkbox"/> Coconut	<input type="checkbox"/> Cod, Codling	<input type="checkbox"/> Coffee
<input type="checkbox"/> Cooked milk	<input type="checkbox"/> Coriander	<input type="checkbox"/> Courgette
<input type="checkbox"/> Cranberry	<input type="checkbox"/> Crayfish	<input type="checkbox"/> Cucumber
<input type="checkbox"/> Cumin	<input type="checkbox"/> Curcumin (E100)	<input type="checkbox"/> Currant
<input type="checkbox"/> Dandelion	<input type="checkbox"/> Date	<input type="checkbox"/> Deer
<input type="checkbox"/> Dill	<input type="checkbox"/> Duck	<input type="checkbox"/> Eel
<input type="checkbox"/> Egg white	<input type="checkbox"/> Egg yolk	<input type="checkbox"/> Endive
<input type="checkbox"/> Fennel	<input type="checkbox"/> Fig	<input type="checkbox"/> Fonio
<input type="checkbox"/> Garden cress	<input type="checkbox"/> Garlic	<input type="checkbox"/> Gilthead bream
<input type="checkbox"/> Ginger	<input type="checkbox"/> Gluten	<input type="checkbox"/> Goat meat
<input type="checkbox"/> Goat: milk and cheese	<input type="checkbox"/> Goose	<input type="checkbox"/> Goose eggs
<input type="checkbox"/> Gooseberry	<input type="checkbox"/> Grape / Raisin	<input type="checkbox"/> Grapefruit
<input type="checkbox"/> Green bean	<input type="checkbox"/> Green pea	<input type="checkbox"/> Green tea
<input type="checkbox"/> Guar flour (E412)	<input type="checkbox"/> Guava	<input type="checkbox"/> Haddock
<input type="checkbox"/> Hake	<input type="checkbox"/> Halibut	<input type="checkbox"/> Halloumi
<input type="checkbox"/> Hare	<input type="checkbox"/> Hazelnut	<input type="checkbox"/> Herring
<input type="checkbox"/> Honey (Mature)	<input type="checkbox"/> Horseradish	<input type="checkbox"/> Iceberg lettuce
<input type="checkbox"/> Jerusalem artichoke	<input type="checkbox"/> Juniper berry	<input type="checkbox"/> Kale, Curled kale
<input type="checkbox"/> Kamut	<input type="checkbox"/> Kefir	<input type="checkbox"/> Kiwi
<input type="checkbox"/> Kohlrabi (Turnip cabbage)	<input type="checkbox"/> Lamb	<input type="checkbox"/> Lamb s lettuce
<input type="checkbox"/> Lavender	<input type="checkbox"/> Leek	<input type="checkbox"/> Lemon
<input type="checkbox"/> Lemon balm	<input type="checkbox"/> Lentil	<input type="checkbox"/> Lime
<input type="checkbox"/> Lingonberry	<input type="checkbox"/> Linseed	<input type="checkbox"/> Lobster
<input type="checkbox"/> Lollo rosso	<input type="checkbox"/> Lovage	<input type="checkbox"/> Lupine
<input type="checkbox"/> Lychee	<input type="checkbox"/> Macadamia nut	<input type="checkbox"/> Mackerel
<input type="checkbox"/> Maize, Sweet corn	<input type="checkbox"/> Mandarin	<input type="checkbox"/> Mango
<input type="checkbox"/> Maple syrup	<input type="checkbox"/> Mare	<input type="checkbox"/> Marjoram
<input type="checkbox"/> Meadow mushrooms	<input type="checkbox"/> Melon	<input type="checkbox"/> Milk (cow)
<input type="checkbox"/> Millet	<input type="checkbox"/> Mirabelle	<input type="checkbox"/> Molokhia
<input type="checkbox"/> Mung bean	<input type="checkbox"/> Mussels	<input type="checkbox"/> Mustard seed
<input type="checkbox"/> Nectarine	<input type="checkbox"/> Nettle	<input type="checkbox"/> Nutmeg
<input type="checkbox"/> Oats	<input type="checkbox"/> Ocean perch	<input type="checkbox"/> Octopus
<input type="checkbox"/> Oreg, Lady	<input type="checkbox"/> Olive	<input type="checkbox"/> Onion
<input type="checkbox"/> Orange	<input type="checkbox"/> Oregano	<input type="checkbox"/> Ostrich meat
<input type="checkbox"/> Oyster mushrooms	<input type="checkbox"/> Oysters	<input type="checkbox"/> Panga
<input type="checkbox"/> Papaya	<input type="checkbox"/> Paprika spice	<input type="checkbox"/> Parsley
<input type="checkbox"/> Parsnip	<input type="checkbox"/> Peach	<input type="checkbox"/> Peanut
<input type="checkbox"/> Pear	<input type="checkbox"/> Pectin (E440)	<input type="checkbox"/> Pepper, black
<input type="checkbox"/> Pepper, white	<input type="checkbox"/> Peppermint	<input type="checkbox"/> Pine nut
<input type="checkbox"/> Pineapple	<input type="checkbox"/> Pistachio	<input type="checkbox"/> Place
<input type="checkbox"/> Plum	<input type="checkbox"/> Pollock	<input type="checkbox"/> Pomegranate
<input type="checkbox"/> Poppy seeds	<input type="checkbox"/> Pork	<input type="checkbox"/> Potato
<input type="checkbox"/> Prickly pear	<input type="checkbox"/> Pumpkin	<input type="checkbox"/> Pumpkin seeds
<input type="checkbox"/> Quail	<input type="checkbox"/> Quail eggs	<input type="checkbox"/> Quince
<input type="checkbox"/> Quinoa	<input type="checkbox"/> Rabbit	<input type="checkbox"/> Radichio
<input type="checkbox"/> Radish	<input type="checkbox"/> Raspberry	<input type="checkbox"/> Red algae(nori)
<input type="checkbox"/> Red cabbage	<input type="checkbox"/> Red Snapper	<input type="checkbox"/> Rennet cheese (cow)
<input type="checkbox"/> Rhubarb	<input type="checkbox"/> Rice	<input type="checkbox"/> Ricotta
<input type="checkbox"/> Rocket	<input type="checkbox"/> Rose Deer	<input type="checkbox"/> Romaine / Cos lettuce
<input type="checkbox"/> Rooibos tea	<input type="checkbox"/> Rose hip	<input type="checkbox"/> Rosemary
<input type="checkbox"/> Rutabaga	<input type="checkbox"/> Rye	<input type="checkbox"/> Saffron
<input type="checkbox"/> Sage	<input type="checkbox"/> Salmon	<input type="checkbox"/> Sardine
<input type="checkbox"/> Savory	<input type="checkbox"/> Savoy cabbage	<input type="checkbox"/> Scallop
<input type="checkbox"/> Sea bass	<input type="checkbox"/> Sea buckthorn	<input type="checkbox"/> Sesame
<input type="checkbox"/> Shark	<input type="checkbox"/> Sheep: milk and cheese	<input type="checkbox"/> Shitake
<input type="checkbox"/> Shrimp, Prawn	<input type="checkbox"/> Sole	<input type="checkbox"/> Sorbic acid (E200)
<input type="checkbox"/> Sour-milk products (cow)	<input type="checkbox"/> Soybean	<input type="checkbox"/> Spelt
<input type="checkbox"/> Spinach	<input type="checkbox"/> Spratling	<input type="checkbox"/> Squid, Cuttlefish
<input type="checkbox"/> Stalk celery	<input type="checkbox"/> Strawberry	<input type="checkbox"/> Sunflower seed
<input type="checkbox"/> Sweet chestnut	<input type="checkbox"/> Sweet pepper	<input type="checkbox"/> Sweet potato
<input type="checkbox"/> Swordfish	<input type="checkbox"/> Tannin	<input type="checkbox"/> Tapioca
<input type="checkbox"/> Thyme	<input type="checkbox"/> Tomato	<input type="checkbox"/> Tragacanth (E413)
<input type="checkbox"/> Trout	<input type="checkbox"/> Tuna fish	<input type="checkbox"/> Turkey hen
<input type="checkbox"/> Vanilla	<input type="checkbox"/> Veal	<input type="checkbox"/> Vine leaves
<input type="checkbox"/> Walnut	<input type="checkbox"/> Watermelon	<input type="checkbox"/> Wheat
<input type="checkbox"/> White cabbage	<input type="checkbox"/> Wild boar	<input type="checkbox"/> Wild garlic
<input type="checkbox"/> Xanthan gum	<input type="checkbox"/> Yeast	<input type="checkbox"/> Zander

Class : 1 2 3 4

OK

You must enter by ticking in front of the food intolerances for the same level of intolerance, which defines the period of exclusion that you must follow, from the day of entering the information.

There are 4 levels with initial terms proposed by default, you can change, preferably with your doctor.



If the food intolerance filtering option is activated for the various functions:

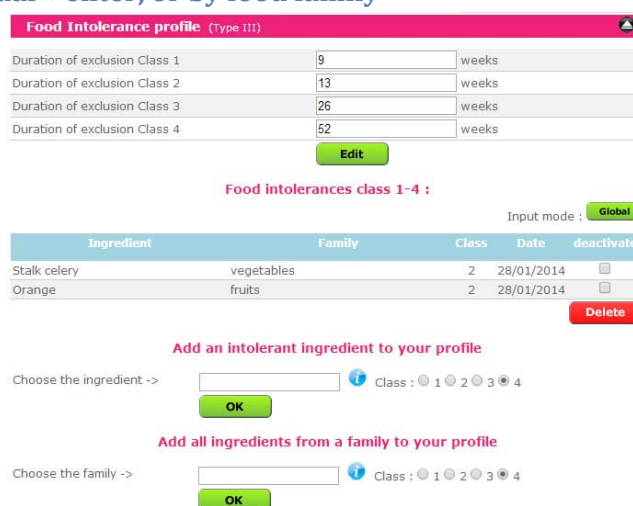
- During the exclusion period as defined in the profile, and starting on the date you specified, no food or recipe containing an ingredient defined in your profile will be selected.
- As soon as the exclusion period is over, recipes and foods containing these ingredients can be selected again
- After the exclusion period, to help you observe the rotation of 4 days for the consumption of ingredients, you can use the weekly meal planner that will inform you of any exceptions taking into account your food journal and your meal plans. You will thus be able to correct the plan.



Additional rules for automatic filtering have been implemented to facilitate the management of your profile, and more particularly in the following cases:

- **Gluten:** you simply enter the ingredient gluten so that all the gluten-containing ingredients are included. Thus you are not required to enter individually each one of the starchy ingredients containing gluten.
- **Cow's milk:** simply enter this ingredient, so that all the ingredients containing milk (such as cheese, for example) are automatically taken into account by the filter options

2.5.2°) The « individual » enter, or by food family



Food Intolerance profile (Type III)

Duration of exclusion Class 1	9	weeks
Duration of exclusion Class 2	13	weeks
Duration of exclusion Class 3	26	weeks
Duration of exclusion Class 4	52	weeks

Edit

Food intolerances class 1-4 :

Input mode : **Global**

Ingredient	Family	Class	Date	deactivate
Stalk celery	vegetables	2	28/01/2014	<input type="checkbox"/>
Orange	fruits	2	28/01/2014	<input type="checkbox"/>

Delete

Add an intolerant ingredient to your profile

Choose the ingredient -> Class : ☐ 1 ☐ 2 ☐ 3 ☐ 4

OK

Add all ingredients from a family to your profile

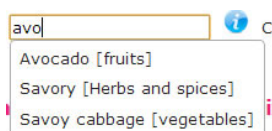
Choose the family -> Class : ☐ 1 ☐ 2 ☐ 3 ☐ 4

OK

You must enter the following information manually:

- The period of exclusion that must be observed, depending on the level of intolerance determined by the test. There are 4 levels with initial terms proposed by default, that you can modify, preferably in conjunction with your doctor
- The ingredients for which food intolerances were detected. You have two options :

- entering a **single ingredient**, with its "level" (exclusion period) and the start date of the exclusion period is the date of entry. To do this, simply enter the first few characters of the name of the ingredient, thus displaying a list of ingredients corresponding to the characters entered. When the name of the ingredient sought after appears in this list, you must click on its name for it to be taken into account, as shown in the following example:



avo

- Avocado [fruits]
- Savory [Herbs and spices]
- Savoy cabbage [vegetables]

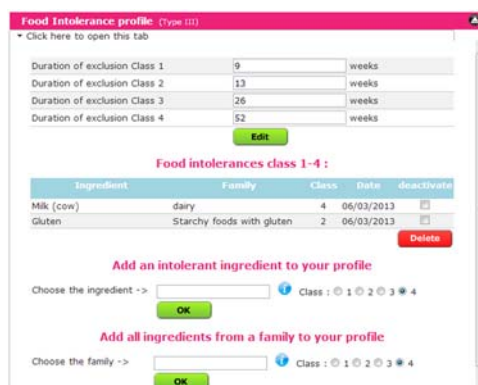
- entering a **family of ingredients**. You must choose a family of ingredients in the list that is offered, as in the example below:

Choose the family ->

ee

- cheese
- Nuts and seeds
- sweeteners

The information from this profile is used in the various filtering options that are available, such as searching for a recipe.



Food Intolerance profile (Type III)

Click here to open this tab

Duration of exclusion Class 1	9	weeks
Duration of exclusion Class 2	13	weeks
Duration of exclusion Class 3	26	weeks
Duration of exclusion Class 4	52	weeks

Food intolerances class 1-4 :

Ingredient	Family	Class	Date	deactivate
Milk (cow)	dairy	4	06/03/2013	<input type="checkbox"/>
Gluten	Starchy foods with gluten	2	06/03/2013	<input type="checkbox"/>

Add an intolerant ingredient to your profile

Choose the ingredient -> Class : 1 2 3 4

Add all ingredients from a family to your profile

Choose the family -> Class : 1 2 3 4

In this mode of « individual » entry, you can do any deletions intolerances, if you made a mistake. These sensitivities do not go away, because they appear striped in the following list. Also appear in this list, the intolerance that came out of the exclusion period. To make them active again, simply re-enter, possibly with a new exclusion period, which will start from the date of addition that you just made.

2.6°) Food hypersensibilities immediates (allergies type I) profile

Food allergy ingredients differ from those of intolerances, mainly because there is no exclusion period, and no protocol for reintroducing them as with intolerances.



Food Allergy Profile (Type I)

Ingredient	Family	deactivate
Asparagus	vegetables	<input type="checkbox"/>

Add an allergic ingredient to your profile

Choose the ingredient -> Class : 1 2 3 4

Add all ingredients from a family to your profile

Choose the family -> Class : 1 2 3 4

When the filter option for allergic ingredients is selected in the Filter options function, (and activated), no food or recipe containing the allergic ingredient will be selected at any time.

2.7°) Food preferences

This allows recipes to be sorted during a recipe search. If these choices are not made the recipes will be displayed in alphabetical order.

The setting uses two types of information:

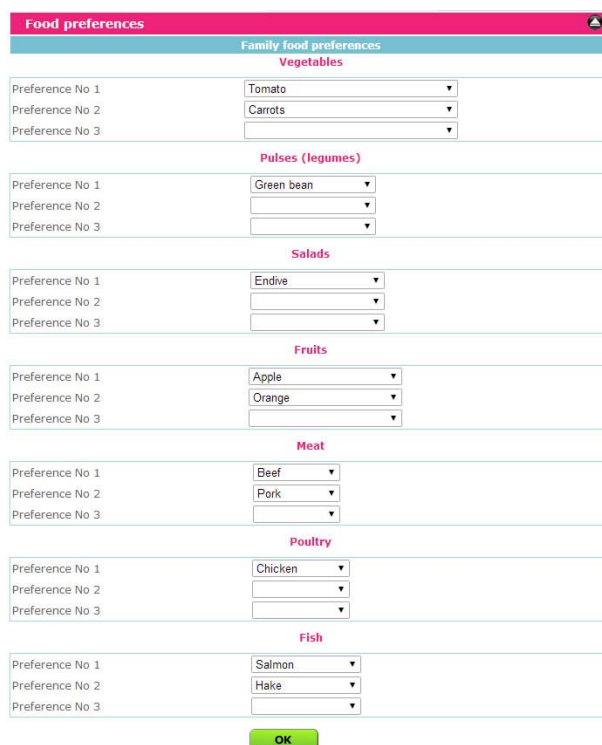
- Preferred family of ingredients for **protein intake**. For each of the six families proposed (vegetables, legumes, meat, poultry, fish and seafood), you can put a "weight" (or coefficient) of 0 to 20. These "weights" will be used to list first the recipes whose compositions have the highest "weighting" of all the families of ingredients making them up. If you put a weight of 0, all the recipes you wish to use the least will be positioned at the end of the list.



Food preferences	
Preferences for protein intake	
Preference to enter as a weight between 0 (end of list) and 20 (as often as possible)	
Vegetables	14
Pulses (legumes)	12
Meat	10
Poultry	16
Fish	18
Shellfish and seafood	5

OK

- Preferences for certain ingredients** in certain families of ingredients. This allows you to refine your sorting criteria, to privilege, if you wish, some ingredients that you will find at the top of the list.



Food preferences	
Family food preferences	
Vegetables	
Preference No 1	Tomato
Preference No 2	Carrots
Preference No 3	
Pulses (legumes)	
Preference No 1	Green bean
Preference No 2	
Preference No 3	
Salads	
Preference No 1	Endive
Preference No 2	
Preference No 3	
Fruits	
Preference No 1	Apple
Preference No 2	Orange
Preference No 3	
Meat	
Preference No 1	Beef
Preference No 2	Pork
Preference No 3	
Poultry	
Preference No 1	Chicken
Preference No 2	
Preference No 3	
Fish	
Preference No 1	Salmon
Preference No 2	Hake
Preference No 3	

OK

! We recommend that you think carefully about your personal parameters, so as to target what is essential. Too many parameters can be "contradictory", and may not give you the results for sorting that you expect.

! We recommend you to put separate weight for families to protein intake, which will allow better sorting recipes.

3°) Search for recipes compatible with your profiles

3.1°) Search for recipes

This search engine uses the highly innovative structuring of the content and composition of recipes. This was developed by *What Foods* for use by all the functions of the system.

The search uses multiple possible criteria:

- name of the recipe (or a word of the recipe)
- recipe family
- up to 3 ingredients of the recipes can be specified
- 1 ingredient from the "fresh" seasonal ingredients (depending on the month)
- type of cooking of the recipe
- cooking time (with the parameters "equal to" or "less than or equal to")
- preparation time (with the parameters "equal to" or "less than or equal to")
- difficulty level (4 levels, from easy to difficult)
- country and province of origin of the recipe

Find recipes in line with your profile and tastes

Advanced Search for recipes and prepared dishes

Recipe name, or a word

Choose a food

Choose a food

Choose a food

Seasonal food

Choose a food

Cooking mode

Cooking time





























Preparation time

Difficulty

Province / Country

Launch search

We advise you to focus on what is essential when defining your search criteria. By using several different criteria, you may fail to produce useful results.

	Paella			45 mn		45 mn	
	Europe - Spain			4		2	13.7
	Bean and Avocado Salad			20 mn			
	France - All regions			4		1	14.5
	Italian style Russian salad			15 mn			
	France - Provence					1	2.5
	Italian style Russian salad			20 mn		15 mn	
	France - All regions			3		2	116.8

The result of the search is displayed with pictograms to give you "visual" synthetic information for the different criteria for each recipe.

3.2°) Recipe display

To facilitate the selection of recipes from the list of selected recipes based on the criteria, nutritional indicators have been added. This is possible thanks firstly to the composition of each recipe for which all the ingredients have been individually identified and structured, and secondly to the use of nutrient databases, the French Ciquel and the Canadian Fcen.

These indicators are:

- **SAIN (nutrient density).** Here is the information notice for this indicator that explains the colour coding used, together with the value of the indicator. You can refer to it any time when using the application:

Nutrient density indicator (SAIN)

In brief
 The Nutrient density indicator (SAIN) is expressed per 100kcal, and gives the nutritional density as in the ratio :

$$\frac{\text{Intakes of nutrients} / \text{Energy (Calories)}}{\text{Energy (calories)}} \times 100$$

The calculation method
 The scientists who created this indicator, established the following formula :

$$\text{SAIN} = \frac{\left(\frac{\text{Nut}_1}{\text{RNI}_1} + \frac{\text{Nut}_2}{\text{RNI}_2} + \dots + \frac{\text{Nut}_{15}}{\text{RNI}_{15}} \right)}{15} \times 100$$

What Foods applies this indicator on recipes and for the nutritional analysis of your diet, displaying a value on a gauge with colours ranging from **orange** (below the threshold of acceptability, or level 1), **pale green** (level 2), **light green** (level 3) to **dark green** (level 4) which indicates the highest density nutritionnelle

The adaptations to the original formula of the indicator, while respecting its principle and its relevance, are :

- Use of 24 nutrients by the Nutrimeter ®: Protein, Magnesium, Phosphorus, Potassium, Calcium, Manganese, Iron, Copper, Zinc, Selenium, Iodine, fibres, Retinol, Vitamin D, Vitamin E, Vitamin C, Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Vitamin B9, Vitamin B12, Cholesterol
- RNI used are the individual values that are based on your physiological profile
- Energy is that provided by the recipe or your diet

- **Fat, Salt, Sugar (also called LIM)** Here is the information notice for this indicator, that you can consult at any time when using the application, which explains the colour coding used, together with the value of the indicator:

Fat, Salt, sugar indicator (LIM)

(Fat, Salt, Sugar: values to limit and reduce)

In brief
 LIM is expressed per 100g, salt content, saturated fat and added sugars.

The LIM indicator therefore measures the unfavorable aspects of the food, ie the excess of the maximum recommended values.

The calculation method
 The scientists who created this indicator, established the following formula:

$$\text{LIM} = \frac{\left(\frac{\text{Na}}{3153} + \frac{\text{SFA}}{22} + \dots + \frac{\text{Added sugar}}{50} \right)}{3} \times 100$$

What Foods applies this indicator on recipes and for the nutritional analysis of your diet, displaying a value on a gauge with colours ranging from **dark green** (below the threshold of acceptability, or level 1), **light green** (level 2), **orange** (level 3) to **red** (to be avoided if possible, or Level 4).

Adaptations to the original formula of the indicator, while respecting its spirit and its relevance are :

- using three nutrients used in the Nutrimeter ®: Sodium, SFA, Carbohydrates.
- RNI used are the individual values that are based on your physiological profile




The two indicators are complementary. To help you decide, we propose you follow the recommendations given by this chart:




- **Glucose mass** or glycemic load is equal to the glycemic index multiplied by the content of sugar (carbohydrate) for 100 grams of food. This is calculated for each recipe in proportion to the weight composition of ingredients, their glycemic index and carbohydrate nutrient value, and reduced to 100 g


The display of the selected recipes comprises several sections:


- The "classical" presentation of recipes, including:
 - a summary presented in pictograms for structured information (number of people, type of cooking, cooking time, etc ...)
 - The list of ingredients required for the preparation of the recipe
 - The preparation method of the recipe








Chicken and Pineapple Curry




 Main dish: meat

 Easy


 30 mn


 30 mn

 Asia - India

Ingredients (traditional recipe)	Method
<ul style="list-style-type: none"> 120g rice 2 tablespoons raisins 4 chicken breasts 1 tablespoon of olive oil 2 onions 2 to 3 teaspoons curry powder 1 small can of chopped tomatoes 1 cup of pineapple chunks 1 small can of coconut milk 2 tablespoons of flaked almonds 	<ol style="list-style-type: none"> Cook the rice in boiling, salted water (2 times its volume) with the raisins. Brown off the chicken in a pan with olive oil. Lower the heat and cook them for about 10 minutes on each side. Remove the chicken and drain. Meanwhile, peel and chop the onions. Put the onion in the pan, sprinkle some curry powder over the onions and cook until soft. Add the chopped tomatoes. Cut the chicken into pieces and add it to the pan. Drain the pineapple, add it to the pan and mix. Pour in the coconut milk and cook gently for 15 to 20 mins while stirring. Taste and adjust the curry seasoning. In a dry pan, lightly toast the almonds. Put the chicken curry into a hot dish. Put the rice in a side dish. Sprinkle the onions over the curry.



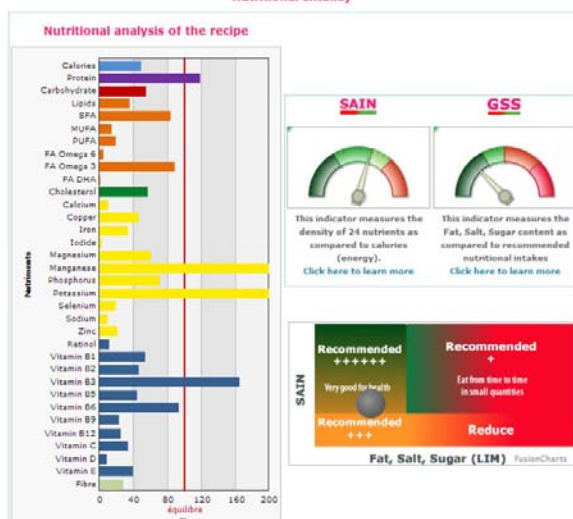
- the composition of ingredients (used for filtering) and food of nutritional databases to allow for nutritional analysis of the recipe is displayed by clicking the button 


 This is the value added by *What Foods* team to the recipes. A more detailed explanation of the concepts of foods and ingredients used in the online service is given in the chapter on the food journal later on in the manual.

- The nutritional analysis of a portion of the recipe for one person (100% corresponds to the "theoretical balance", but as a meal contains other components, the SAIN and LIM (Fat, Salt, Sugar) indicators displayed provide a synthetic view of the nutritional intake of the recipe)

Chicken and Pineapple Curry		
Weight	Ingredients	Foods (for nutritional analysis)
30 g	Grape / Raisin	Raisin
13.8 g	Olive oil	Oil, olive
250 g	Onion	Onion, raw
8 g	Curcumin (E100)	Curry powder
250 g	Tomato	Tomato, peeled, canned
1000 g	Pineapple	Pineapple, canned
1000 g		Pineapple, canned
600 g	Chicken	Chicken, roasting, breast, meat, raw
120 g	Rice	Grains, rice, white, long-grain, regular, dry
250 g	Coconut	Nuts, coconut milk (liquid from grated meat and water), raw
20.0 g	Almond	Nuts, almonds, dried, blanched

Nutritional analysis for a quantity of 888,0 g compared to your RNI (Recommended Nutritional Intake)



You have a print of the recipe by pressing the button , which makes it easier you can use in your kitchen or on paper, but also on your tablet in your kitchen (you also have a version of the application for smartphone and tablet, more suited to these materials):



What Foods

Chicken and Pineapple Curry





Main dish: meat
Easy
30 min
30 min
Asia - India

Ingredients

(traditional recipe)

- 120g rice
- 2 tablespoons raisins
- 4 chicken breasts
- 1 tablespoon of olive oil
- 2 onions
- 2 to 3 teaspoons curry powder
- 1 small can of chopped tomatoes
- 1 can of pineapple chunks
- 1 small can of coconut milk
- 2 tablespoons of flaked almonds

Method

1. Cook the rice in boiling, salted water (2 litres in volume) with the raisins.
2. Brown off the chicken in a pan with olive oil. Lower the heat and cook them for about 10 minutes on each side. Remove the chickens and drain.
3. Meanwhile, peel and chop the onions.
4. Put the onions in the pan, sprinkle some curry powder over the onions and cook until soft. Add the chopped tomatoes.
5. Cut the chicken into pieces and add to the pan.
6. Drain the pineapple, add it to the pan and stir.
7. Pour in the coconut milk and cook gently for 15 to 20 mins while stirring. Taste and adjust the curry seasoning.
8. In a dry pan, lightly toast the almonds.
9. Put the chicken Curry into a hot dish. Put the rice in a side dish.
10. Sprinkle the onions over the curry.

3.3°) Filtering recipes

The function for filtering out recipes incompatible with intolerance and allergy profiles and food lifestyle is activated by default. You can disable it at your convenience at any time by unselecting the option so as not to be taken into account when searching for recipes:

Find recipes in line with your profile and tastes

Excluded foods

Filtering and sorting recipes

Filter recipes with :

☒ Food intolerance (type III)
☒ Food allergy (type I)
☒ Lifestyle
☒ Food preferences

Sorted by :

Edit


You can get in a popup, the synthesis of foods that are excluded from research when all filtering options have been selected:

Food family	Foods to exclude	Original profile
Starchy foods with gluten	Bannock	lifestyle
	Barley	lifestyle
	Breadcrumbs	lifestyle
	Bulgur	lifestyle
	Couscous	lifestyle
	Gluten	lifestyle
	Kanmüt	lifestyle
	Oats	lifestyle
	Rye	lifestyle
	Spelt	lifestyle
	Triticale	lifestyle
	Wheat	lifestyle
vegetables	Asparagus	allergies
	Stalk celery	intolerances
fruits	Orange	intolerances


3.4°) Sorting recipes

The sorting of recipes according to food preferences is activated by default. This option can be deactivated at anytime at your convenience.

3.5°) Favourite recipes

When consulting recipes, you can choose to include them in a list of favourite recipes, by clicking on the button . A visual indication (in the form of a heart) appears in the lists of recipes, to distinguishing them from others.

These favourite recipes can be easily selected in your journal and meal planning in the form of a list of recipes containing only your favourite recipes.

You can withdraw recipes from your list of favourites by activating the button « Remove from favourites »  as follows:

The recipe has been added to your favorite recipes list


Find recipes in line with your profile and tastes

+ variante

+

+

Chicken and Pineapple Curry




Main dish: meat
Easy
30 min
30 min
Asia - India

Here's how a favourite recipe is highlighted in the list of recipes, following a search request:



3.6°) Entering recipes in the food journal

When consulting a recipe, you can specify that it will be used in a meal. You have a button  for recording the consumption of a portion of the recipe as shown in the screen below (see the food journal function detailed later):

Add to your journal



Day :






☐ Breakfast
☐ Lunch
☐ Dinner
☐ Between meals

Average weight of a portion of the recipe :

☐ Small measure = 621.6 g
☒ Average measure = 888.0 g
☐ Large measure = 1154.4 g


Or weight: g


Chicken and Pineapple Curry

3.6°) Entering recipes in the food planner


When consulting a recipe, you can specify that it will be plan in a meal. You have a button  for recording the consumption of a portion of the recipe as shown in the screen below (see the food planner function detailed later):

Ajouter cette recette au planning de votre alimentation

Jour : Repas :







Curry de poulet à l'ananas

3.8°) New search

When you want to start a search, the previous search criteria are maintained. If you want to use other search criteria, you can activate the button "New Search – reset fields" which resets all the fields in the search form:

Advanced Search for recipes and prepared dishes

Recipe name, or a word

Recipes Family

Foods

Seasonal food

Cooking mode

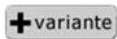
Cooking time minutes

Preparation time minutes

Difficulty

Province / Country

3.9°) Alternatives of recipes

Some recipes include variants (or alternative recipes). The list of these variants appears by pressing the button  :

Chicken and Pineapple Curry

Traditional recipe

Main dish: meat Cooking : Simmered Preparation time : 30 minutes Origine : Asia - India	For: 4 persons Cooking time : 30 minutes Easy
--	---

Ingredients (traditional recipe)	Method
<ul style="list-style-type: none"> 120g rice 2 tablespoons raisins 4 chicken breasts 1 tablespoon of olive oil 2 onions 2 to 3 teaspoons curry powder 1 small can of chopped tomatoes 1 cup of pineapple chunks 1 small can of coconut milk 2 tablespoons of flaked almonds 	<ol style="list-style-type: none"> 1. Cook the rice in boiling, salted water (2 times its volume) with the raisins. 2. Brown off the chicken in a pan with olive oil. Lower the heat and cook them for about 10 minutes on each side. Remove the chicken and drain. 3. Meanwhile, peel and chop the onions. 4. Put the onion in the pan, sprinkle some curry powder over the onions and cook until soft. Add the chopped tomatoes. 5. Cut the chicken into pieces and add it to the pan. 6. Drain the pineapple, add it to the pan and mix. 7. Pour in the coconut milk and cook gently for 15 to 20 mins while stirring. Taste and adjust the curry seasoning. 8. In a dry pan, lightly toast the almonds. 9. Put the chicken curry into a hot dish. Put the rice in a side dish. 10. Sprinkle the onions over the curry.

Existing alternatives of the recipe

Traditional Recipe
[See detail](#)

Add an alternative to the recipe

Name of alternative

OK

During the research recipe, especially for the food journal and planner, alternatives recipes appear with the name of the alternative recipes between accolades { } in the list of recipes.

You have the possibility to create alternatives of recipes, if you do not find for your favourites recipes. A further chapter is devoted to how to proceed, and aid that we put at your disposal to provide you with the creation of alternatives recipes, with proposals to replace food matches.



What Foods team is at your disposal to create alternatives recipes if you are not comfortable with this feature. Simply send an email through the contact form (or use form in the “at your service” function), specifying the recipe and what you want as an alternative (or specify your intolerances can prevent you make this recipe).

4°) Proposals of menus

The following shows the proposed menu for a day:

Proposals of menus with varied recipes

10/04/2014  


10/04/2014			
Lunch	STARTER	 Bean and Avocado Salad 20 mn SAIN 4 GSS 1 14.5	Change
	DISH	 Warm lentil and salmon salad with yogurt dressing 45 mn 30 mn SAIN 3 GSS 1 13.6	Change
	DESSERT	 Gluten-, egg- and dairy-free violet and blueberry cupcakes 30 mn 30 mn SAIN 1 GSS 2 358.1	Change
Dinner	STARTER	 Skate salad with runner beans 10 mn 15 mn SAIN 3 GSS 1 79.7	Change
	DISH	 Pollock fillets with green peas 20 mn 30 mn SAIN 4 GSS 1 21.6	Change
	DESSERT	 Coconut ice cream 10 mn SAIN 1 GSS 1 0.5	Change

By default, it is the date of the day that appears, with recipes proposals for this day, which comply with the following rules:

- Analysis of the food intake of the previous 3 days in the food journal and planner, to propose recipes that do not contain foods already eaten during the 3 days
- For each family recipes (starter, main course and dessert), there is a list of recipes corresponding to the rotation, but also the hypersensitivities and lifestyle.
- Recipes lists of each families are then sorted according to food preferences that were set
- For lunch, this is the first recipe of each list so prepared, which are proposed
- For dinner, it is the following recipe is given, provided that there is not the same foods for lunch, otherwise one of the other recipes in the list that is provided.



Sometimes it is not possible to provide recipes for a family. What Foods team regularly add recipes in the database, but it may not be enough. The solution is to decline existing recipes in alternatives recipes. To do this, look up recipes from the "Food replacement" function that correspond to your tastes before change in diet, and the What Foods team can you create alternatives recipes to meet your new requirements (sensitivities and style life).

You can choose a new date for proposals adapted to this new day. To do this, you must choose a date on the calendar and press the button .



Before moving on to another day, we advise you to put in the planning forecasts for the previous days the chosen day, then the recipes proposed will add value in the context of food rotation.

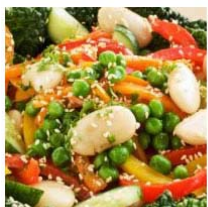
4.1°) Display a suggested recipe


In the list proposed in the one-day menu recipes, when you click on the name of the recipe, you can display to better know on the recipe:


Recipe suggested


←
+


Bean and Avocado Salad



 Starter


 Easy

 20 mn

 France - All regions


Ingredients (traditional recipe)	Method
<ul style="list-style-type: none"> 1 small can of beans 2 avocados Juice of two lemons 100 g mussel 1 herring in oil 2 tomatoes 150 g of mixed leaf salad such as mesclun (or another salad) 2 tablespoons light cream 1 pinch of mustard Salt and pepper (if tolerated) 	<ol style="list-style-type: none"> Drain the beans, and place in a bowl. Peel avocados, cut into pieces, douse with half the lemon juice. Wash the mussels. Cut the herring into small pieces. Add them in the bowl. De-seed the tomatoes, cut the flesh into small pieces and add them to the bowl. Rinse and spin the salad. Put it in the bowl. Stir them delicately. In a separate bowl, mix the light cream, with the remaining lemon juice, little mustard, season with salt and pepper. Pour onto the salad mix and gently turn.


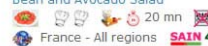












It is possible, if you wish not to keep from menu suggestions, this suggested recipe, to add it only to the food planner. To do this, simply press the button  (the rest of the procedure is described a little later.

To come back to the list of suggestions, simply press the button 

4.2°) Change a suggested recipe

To view the list of recipes of a family, and replace a suggested recipe, just press the button  and get:

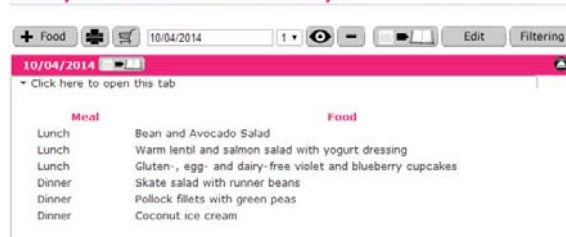
167 Recipes found	
	Bean and Avocado Salad  20 mn  France - All regions SAIN 4 GSS 1 14.5
	Skate salad with runner beans  15 mn  France - Provence SAIN 4 GSS 1 2.5
	Spring vegetables with duo of salmon  30 mn  France - All regions SAIN 4 GSS 1 6.3
	Marinated Salmon with Tomato Confit  20 mn  France - All regions SAIN 4 GSS 2 16.1

By clicking on the recipe name, this recipe will replace the suggested recipe that had been made.

4.3°) Transfer this menu proposal to food planner

To transfer all recipes, simply press the button  above the list of proposals. The result of the addition is in the following planner:

Plan your meals for several days




10/04/2014

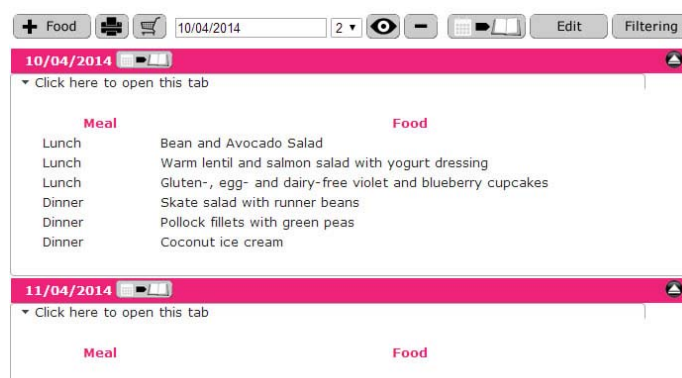
Click here to open this tab

Meal	Food
Lunch	Bean and Avocado Salad
Lunch	Warm lentil and salmon salad with yogurt dressing
Lunch	Gluten-, egg- and dairy-free violet and blueberry cupcakes
Dinner	Skate salad with runner beans
Dinner	Pollock fillets with green peas
Dinner	Coconut ice cream

5°) Meal Planner

5.1°) Definition of the planning period

You can make a plan, from 1 to 7 days, and start date at your convenience. After choosing the departure date, you choose the number of days to be displayed and you press the button . Here is what happens with the proposed menu integrated in the planning menu, after adding one more day to be displayed:



10/04/2014


Click here to open this tab

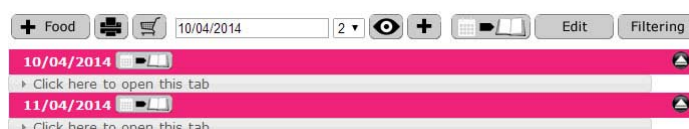
Meal	Food
Lunch	Bean and Avocado Salad
Lunch	Warm lentil and salmon salad with yogurt dressing
Lunch	Gluten-, egg- and dairy-free violet and blueberry cupcakes
Dinner	Skate salad with runner beans
Dinner	Pollock fillets with green peas
Dinner	Coconut ice cream

11/04/2014

Click here to open this tab

Meal	Food

To collapse all tabs, just press the button . Here is the result:




10/04/2014

Click here to open this tab

11/04/2014

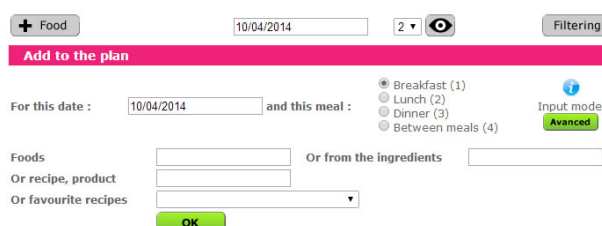
Click here to open this tab

To unfold a single tab, click on the icon 

To unfold all tabs at once, click on the button 

5.2°) Add food (« normal » mode)

We'll start by adding in the second day of planning, forecasting food intake of a recipe, as shown in the example below:



10/04/2014


2

Filtering

Add to the plan

For this date : 10/04/2014 and this meal :

☐ Breakfast (1)
☐ Lunch (2)
☐ Dinner (3)
☐ Between meals (4)

Input mode  **Advanced**

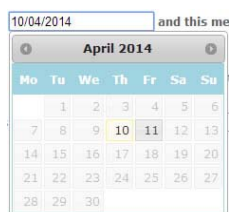
Foods Or from the ingredients

Or recipe, product

Or favourite recipes

OK

To facilitate the choice of the day to plan, you have a calendar in which only the scheduled days are active, as shown in the example below:



To enter a prediction, you first choose the day and the type of meal:

- Breakfast
- Lunch
- Dinner
- Between meals

If you do not specify anything in particular when your entry, the date of the day will be taken into account, and the food set in "Between meals." This distinction is not strictly necessary for the analysis of the rotation of the ingredients. It is sure to help you to control your entry in the food planner.

Quand vous validez une prévision, elle vient se mettre dans le planning à la journée concernée, et un contrôle des ingrédients consommés est ainsi effectué sur les 3 journées précédentes, aussi bien dans le planning en cours, que sur des journées précédentes du planning enregistrées dans la base de données, et dans le journal de votre alimentation (s'il l'option a été cochée).

When you validate a forecast, it is getting into the planning for the day in question, and a control of ingredients consumed is thus performed on the 3 previous days, both in the current schedule, as on previous days schedule stored in database, and the food journal (if the option is checked).

5.3°) Alerts on food rotation

Whatever the chosen entry mode to enter its planned meals, a control over the rotation of food is carried out as soon as it has validated information input. The result of the schedule created is as follows, with control over the rotation of food.

Here is the result after adding the recipe we have just a little higher:

+ Food
10/04/2014
2
+
Edit
Filtering

10/04/2014
Click here to open this tab

Meal	Food
Lunch	Bean and Avocado Salad
Lunch	Warm lentil and salmon salad with yogurt dressing
Lunch	Gluten-, egg- and dairy-free violet and blueberry cupcakes
Dinner	Skate salad with runner beans
Dinner	Pollock fillets with green peas
Dinner	Coconut ice cream

11/04/2014
Click here to open this tab

Meal	Food
Lunch	Chicken and Pineapple Curry

Ingredients rotation	Days detected	Sources
Coconut	-1 D	Plan
Olive oil	-1 D	Plan
Onion	-1 D	Plan
Rice	-1 D	Plan
Tomato	-1 D	Plan

It will be displayed with:

- **Red light**, foods defined in the profile food intolerances, which came out of the period of exclusion, which were consumed in the previous three days
- **Orange light**, foods for which it is recommended to practice rotation of food intake of 4 days to avoid possible food intolerances.

For each of the foods found and listed, it is indicated the date of the previous food intake "relative" (-1 for yesterday, etc ...), and the origin of this intake (planning or journal).

Schedule informations are stored in a database. This means that if you have included in your planning period, days with already planned meals, these items appear in the tabs of days involved.

You can delete your schedule food that caused these alerts, enter a different food and continue the validation step of your planning (see below for schedule changes).

5.4°) « Advanced » mode to plan meals

The "normal" mode is a verification of the rotation of your food intake. The "advanced" mode will make this control a priori, that is to say, the food lists and recipes that will be proposed will not generate food rotation problem.


To begin, we must define the date for which you want to have a list of foods and recipes respecting the principle of rotation:

+ Food
10/04/2014
2
+
Filtering

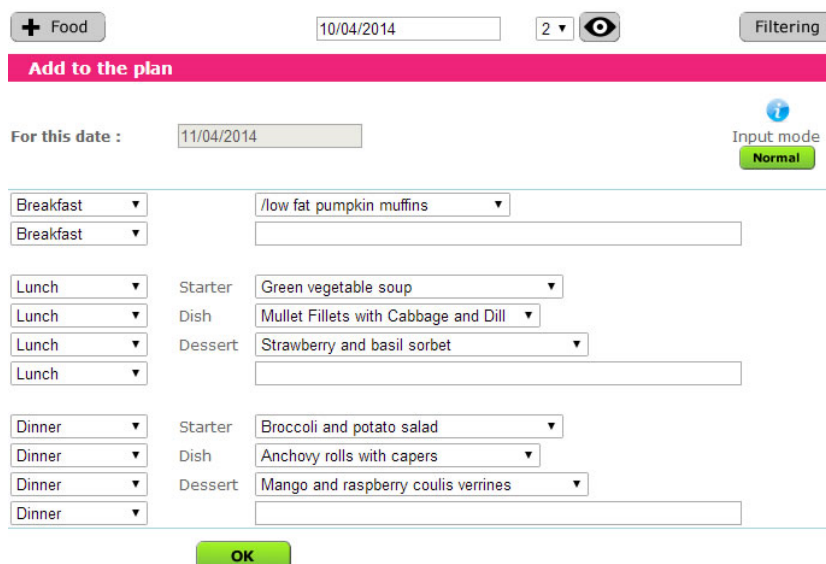
Add to the plan

For this date :
10/04/2014
OK

This is important because an analysis of the planning and the journal on the previous four days is done to determine the list of foods and recipes that will be suggested to the planning of the day.


 An option called "Rotation limited to the main foods " is enabled by default, to not make this check on families of foods such as drinks, preservatives, sweeteners, thickening, yeast, herbs and condiments, special ingredients and additives

The recipes are sorted according to food preferences that you set. So you should find on the list for 3 families of master recipes for lunch and dinner, a choice that meets your expectations and meeting the principle of food rotation:



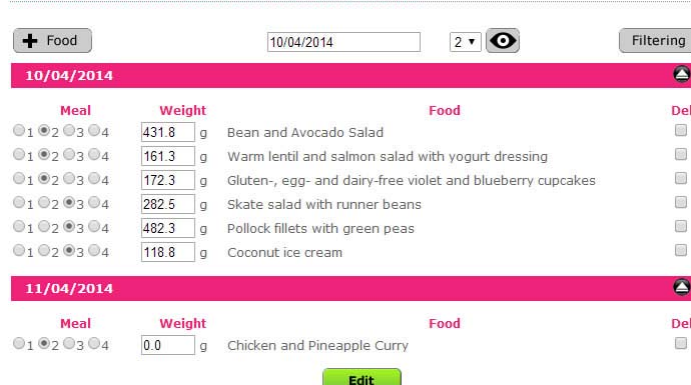
This function is based on the same basic principles as the proposed menus, but goes deeper into the possibilities of adding foods from nutritional databases (eg when to add fruit, etc ...).

For this entry, you will find three lists of foods and recipes rotation satisfying food for the day, where you come complete forecast meals.

 As for the food journal, input modes "normal" and "advanced" are complementary, not exclusive each other.

5.5°) Editing the planner

Plan your meals for several days



It should be noted that the addition of a recipe is accompanied by weight of the recipe, as defined by the sum of the number of people based on the specified in the recipe ingredients. This information can be changed in the planning, but it is not necessarily useful because they are only predictions

However, when transferring the schedule to the journal, if you want to do a nutritional analysis of your food intake, it is recommended to change these weights in the journal to put the weight actually consumed (or estimated) for each food and recipe (see later how).

5.6°) Filtering the input in the planner

By default, the alert options out of the period of exclusion, or generating intolerance ingredients are selected to be active. You can disable these alerts if you want.

By default, filtering options foods and recipes are not checked. If you want this filter to be taken into account when entering your food in the planning, you need to come check the options to activate them for planning.

Par défaut, les recherches d'alertes de rotation se font uniquement sur le planning. Vous pouvez ajouter, en cochant l'option prévue à cet effet, la recherche des alertes par rapport au journal de votre alimentation.

By default, search alerts are only on rotation on the planner. You can add by checking the option provided for this purpose, research alerts in relation to the food journal.

You have other options:

- The input quantities for food and planned recipes. This lengthens the time of the seizure, which is why this option is not selected by default. In all cases, you can actually put the weight consumed during the import of your planning in the log (see above use this feature)
- When you make an entry in the planning for a day, only the tab for the day in question is opened by the program. You can, by checking this option, ask that all tabs are all open after entering informations
- By default, in the planning, favourite recipes are sorted by family recipe. You can disable this option at your convenience

Plan your meals for several days

Filtering and Options to display recipes, products and foods

☒ Food intolerance (type III)

☒ Food allergy (type I)

☒ Lifestyle

☒ Rotation alerts for food intolerances (type III)

☒ Rotation alerts for all ingredients

☒ Rotation alerts for the food journal

☒ Rotation alerts for planning

☒ Rotation restricted to main ingredients

☐ Enter quantities of foods and recipes when planning

☒ Always display details for planned days

☒ Favourite recipes sorted by family

5.7°) Print the planning

You also have the option to print the planning you just do:

What Foods Meal Planning		
10/04/2014		
Meal	Weight	Food
Lunch	431.8 g	Bean and Avocado Salad
Lunch	161.3 g	Warm lentil and salmon salad with yogurt dressing
Lunch	172.3 g	Gluten-, egg- and dairy-free violet and blueberry cupcakes
Dinner	282.5 g	Skate salad with runner beans
Dinner	482.3 g	Pollock fillets with green peas
Dinner	118.8 g	Coconut ice cream
11/04/2014		
Meal	Weight	Food
Lunch	0.0 g	Chicken and Pineapple Curry

5.8°) Print a shopping list

5.8.1°) Set the number of people

By default, there is only one person involved in the management of its meal. But you can also use this meal planning to manage that of your family, or your guests. You must begin by stating:

- For recipes, the number of persons for whom it is intended for the meal
- For foods from nutritional databases (eg fruits), the quantities you wish to buy a priori

Preparation of the shopping list for meals from 10/04/2014 to 11/04/2014			
Date	Meal	Food	Nb pers. / Qty
10/04/2014	Lunch	Bean and Avocado Salad	1
10/04/2014	Lunch	Warm lentil and salmon salad with yogurt dressing	1
10/04/2014	Lunch	Gluten-, egg- and dairy-free violet and blueberry cupcakes	1
10/04/2014	Dinner	Skate salad with runner beans	1
10/04/2014	Dinner	Pollock fillets with green peas	1
10/04/2014	Dinner	Coconut ice cream	1
11/04/2014	Lunch	Chicken and Pineapple Curry	1


OK

5.8.2°) Adapt the list of needs for your menus, with an inventory in your kitchen

When leaving from the composition of each recipe and taking into account the number of persons for whom these recipes are provided, it is calculated for each food needed for these meals provided, the quantity (in weight this time) of each food.

In the following list that is displayed, all the boxes are checked by default. You need to compare this list with the inventory of what exists in your kitchen, so uncheck that you do not need to buy



2 ▾


Shopping list for meals from 10/04/2014 to 11/04/2014

Shop	Food	Quantity	Print
Butcher shop	Chicken	150 g	✓
Cheese shop	Butter	4 g	✓
Cheese shop	Cream	6 g	✓
Cheese shop	Margarine	5 g	✓
Cheese shop	Yogurt	31 g	✓
Fruits and vegetables	Almond	8 g	✓
Fruits and vegetables	Pineapple	250 g	✓
Fruits and vegetables	Avocado	150 g	✓
Fruits and vegetables	Capers	8 g	✓
Fruits and vegetables	Carrots	15 g	✓
Fruits and vegetables	Lemon	125 g	✓
Fruits and vegetables	Curcumin (E100)	2 g	✓
Fruits and vegetables	Linseed	2 g	✓
Fruits and vegetables	Mustard seed	1 g	✓
Fruits and vegetables	Flageolet bean	63 g	✓
Fruits and vegetables	Green bean	100 g	✓
Fruits and vegetables	Olive oil	6 g	✓
Fruits and vegetables	Vegetable oil	20 g	✓
Fruits and vegetables	Lentil	40 g	✓
Fruits and vegetables	Lamb s lettuce	38 g	✓
Fruits and vegetables	Blueberry	25 g	✓
Fruits and vegetables	Coconut	94 g	✓
Fruits and vegetables	Onion	156 g	✓
Fruits and vegetables	Green pea	150 g	✓
Fruits and vegetables	Sweet pepper	33 g	✓
Fruits and vegetables	Grape / Raisin	8 g	✓
Fruits and vegetables	Tomato	153 g	✓
Fish shop	Hake	200 g	✓
Fish shop	Herring	38 g	✓
Fish shop	Mussels	25 g	✓
Fish shop	Ray	103 g	✓
Fish shop	Salmon	15 g	✓
Others shops	Lecithin (E322)	104 g	✓
Others shops	Yeast	1 g	✓
Others shops	Rice	80 g	✓
Others shops	Sugar	68 g	✓
Others shops	Vinegar	15 g	✓

OK

5.8.3°) Print your shopping list (by Store)

The inventory made (after pressing the "OK" button to take into account the inventory), you'll just print your shopping list:


Meal Planning


Meals from 10/04/2014 to 11/04/2014

Shop	Food	Quantity
Butcher shop	Chicken	150 g
Cheese shop	Yogurt	31 g
Fruits and vegetables	Pineapple	250 g
Fruits and vegetables	Avocado	150 g
Fruits and vegetables	Mustard seed	1 g
Fruits and vegetables	Flageolet bean	63 g
Fruits and vegetables	Vegetable oil	20 g
Fruits and vegetables	Lentil	40 g
Fruits and vegetables	Blueberry	25 g
Fruits and vegetables	Onion	156 g
Fruits and vegetables	Tomato	153 g
Fish shop	Hake	200 g
Fish shop	Herring	38 g
Fish shop	Mussels	25 g
Fish shop	Salmon	15 g

5.9°) Transfer planner to journal

This requires using the button . Two cases are possible:

- Transfer only one day. You must use the button that is in the header that indicates the day of the planning that is displayed
- Transfer all planning displayed. You must use the button in the top of menu, next to the departure date of planning and also indicates the number of days displayed

Le transfert se fait des jours du planning aux mêmes jours du journal, comme le montre notre exemple ci-dessous (qui reprend une saisie faite dans le planning un peu plus haut) :

The transfer is made to the same day from planning to journal, as shown by our example below (which takes a seizure made in the schedule a little higher):



It is then necessary to validate that the lines are checked to be transferred permanently to the journal.

6°) Keeping a food journal

6.1°) Basic principles

Each recipe has a description of the ingredients that compose it. The goal of *What Foods* being to allow recipes to be selected according to their composition a list of ingredient references was created to facilitate the management of allergies, intolerances or food lifestyles, .

At present, more than 1000 ingredients are referenced in our database, of which 270 are tested for intolerance by the ImuPro reference test.

For each ingredient the *What Foods* teams added foods for which the nutritional contents are provided by two public databases:

- **Ciqua**l (Observatory of the nutritional composition of foods, attached to the French Ministry of Health), which contains over 1400 generic foods consumed in France
- **CNF** Canadian Nutrient File (Ministry of Health of Canada), with over 5804 generic foods

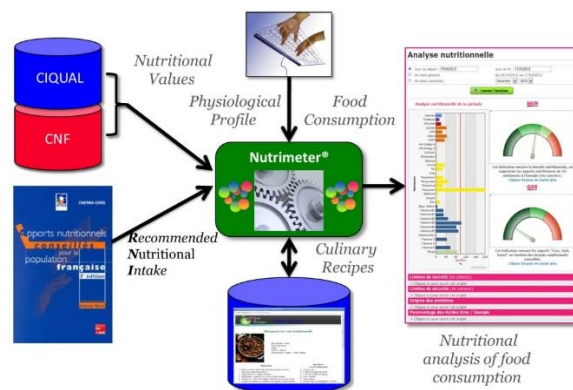
For each basic ingredient, the databases allow you to choose different foods according to their state that determines their nutritional values, as shown as follows with the example of cauliflower:

Cauliflower, boiled (Ciqua)
Cauliflower, boiled, drained (Fcen)
Cauliflower, boiled, drained, with salt (Fcen)
Cauliflower, frozen (Ciqua)
Cauliflower, frozen, boiled, drained (Fcen)
Cauliflower, frozen, boiled, drained, with salt (Fcen)
Cauliflower, frozen, unprepared (Fcen)
Cauliflower, green, boiled (Fcen)
Cauliflower, green, boiled, with salt (Fcen)
Cauliflower, green, raw (Fcen)
Cauliflower, raw (Ciqua)
Cauliflower, raw (Fcen)

In each recipe, it is the ingredient that is identified (which is used for filtering and food rotation) as well as the "nutritional" foods that can be considered as the ingredients with a nutritional value that depends on their possible transformation in the cooking process they undergo. The *What Foods* teams have analyzed all the recipes, producing a table like this, attached to the traditional presentation of a recipe:

Weight	Ingredients	Foods (for nutritional analysis)
15 g	Chive	Chive or Spring onion, raw
15 g	Garlic	Garlic, raw
30 g	Almond	Almond
700 g	Broccoli	Broccoli, raw
13.8 g	vegetable oil	Vegetable oil, mustard

Thanks to these databases and the detailed analysis of the composition of recipes, it is possible to analyse the nutritional content of your diet, as shown in the following diagram:



The food journal home screen looks like this, with the display for the day indicated by the date fields:

Keep a journal of your food intake

From: To:

Check your food journal

Day	Meal	Weight	Food
-----	------	--------	------

6.2°) «Advanced» input mode for entries to your food journal (by default)

To add a food in the journal, you must press the button **+ Aliment** :

From: To:

Add to your journal

Day :

☒ Breakfast (1)
☐ Lunch (2)
☐ Dinner (3)
☐ Between meals (4)

Input mode : **Normal**

Foods, recipes... 1 : g
 Foods, recipes... 2 : g
 Foods, recipes... 3 : g
 Or favourite recipes :



We recommend that you familiarize yourself with the basics, using the normal input mode, which is described in the following paragraph first. Once you have mastered well the origins of the food you have at your disposal in the online service (recipes, food from databases Ciquial and Fcen), you can use the input mode "advanced".

You have 3 input fields for your entries. For each field, you have the list of all the recipes and foods in the Ciquial and Fcen databases. Simply enter the first letters of the name of the food, so that the choice is reduced progressively allowing you to find the food you are looking for. You must then specify the weight consumed (you no longer have the input aid that exists in the "normal" mode).

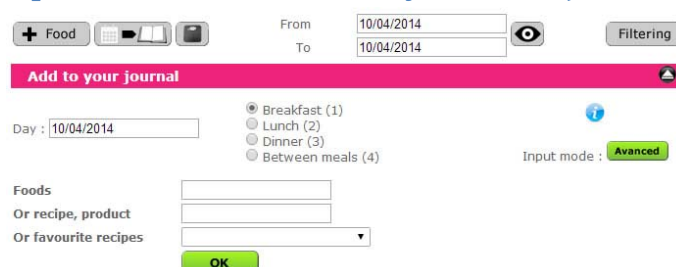
The advantage of this "advanced" mode is to save time making entries, as you enter 3 foods or recipes and their weight at one time.

You also have a list available of your preferred or favourite recipes defined as such when previously searching for recipes.



With this entry mode you no longer have the possibility of reducing the number of options displayed as with the "normal" mode. We recommend using this "advanced" mode for food items that you know well and can find easily, reserving use of the "normal" mode for foods for which you need assistance via the ingredients. The two input modes are complementary and not exclusive of each another.

6.3°) « Normal » input mode for entries to your food journal



The screenshot shows the 'Add to your journal' interface. At the top, there are icons for '+ Food', a calendar, and a document. Below these are date pickers for 'From' and 'To', both set to '10/04/2014', and a 'Filtering' button. A pink bar contains the text 'Add to your journal'. Below this, a 'Day' field is set to '10/04/2014'. To the right, there are radio buttons for meal types: 'Breakfast (1)', 'Lunch (2)', 'Dinner (3)', and 'Between meals (4)'. Further right, it says 'Input mode : Advanced' with a green button. Below the meal type selection, there are three input fields: 'Foods', 'Or recipe, product', and 'Or favourite recipes' (with a dropdown arrow). An 'OK' button is at the bottom.

Your food journal allows you to keep a daily record of your food intake.



The journal is essential if you want to monitor your diet, obtain statistics, alerts for intolerant ingredients or analyse its nutritional content. All these analyses (which are called your Triple A) are based on the information you enter in this journal. We recommend that you pay particular attention to it.



To familiarize yourself with these concepts that are new for you, we recommend using the normal entry mode as described below. This allows to you to make entries one by one with help with weights. When you become familiar with the concepts, you can then switch to the "advanced" input mode that will save you time when making entries to your journal.

You must specify the date (a calendar is displayed to facilitate your entry) and the type of meal:

- Breakfast
- Lunch
- Dinner
- Between meals

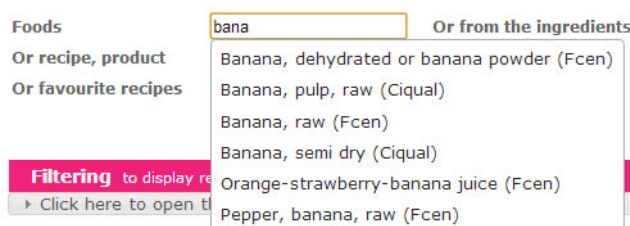
If you do not specify anything in particular it is the date of entry that will to be taken into account, and the meal set to "Between meals." This distinction is not strictly necessary for the nutritional analysis as the minimum unit is the day.



The type of meal is specified only to help you control your input when you consult your journal. So we recommend you to use it correctly to enable you to properly monitor and control the food intake you “declare”.

You have several options to enter your food intake:

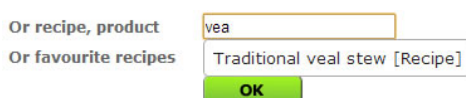
- **Food** from both the Fcen and the Ciquel databases: as in the example below, by entering the first letters of the name of the food you are looking for a list appears from which you choose the most appropriate selection:



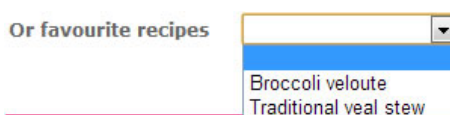
- **Ingredient.** After selecting an ingredient, as shown in the example below, you will have a list of foods containing this ingredient to facilitate the choice of the food closest to your consumption:



- **Recipes and products** by their name. In the example below, you see varieties of the recipe sought after (they appear between "{") , as well as commercial products of the family of prepared dishes. A distinction is made between recipes and commercial products that appears in brackets in the list :



- Recipes from the list of your **favourite recipes**. When displaying a recipe, after launching a search for it, you have the option of adding or removing it from your list of favourites. You also have the possibility of selecting it directly from the proposed list of favourite recipes .



For each food, you have an **aid** for entering its **weight**, according to the information available in the database:

- **Average weight:**
 - Of the food itself

- According to the recipe (defined as the number of persons for which the recipe is destined)

Avocado, raw, california

☐ Small measure = 210 g
☒ Average measure = 300 g
☐ Large measure = 390 g

Or weight g

OK

- **Density of the product** if it is a liquid, associated with the following information, which are to be specified so that the weight can be calculated:
 - A list of containers (with indication of volume)
 - The degree to which the container is filled

Vegetable oil, olive

Product density : 0,92 g/cm3

Choose container from the list ->

Choose the fill rate of the container selected :


☐ 10% ☐ 20% ☐ 30% ☐ 40% ☐ 50%
☐ 60% ☐ 70% ☐ 80% ☐ 90% ☒ 100%

Or weight g

OK

In any case, you can specify the weight you want for your consumption directly (without using the input).

6.4° Viewing and editing the journal

At any time, you can come visit for a particular day or period (and you press the button  to view the journal for the defined period), all of the input power, sorted by date and type of meals to enhance your control. You can make changes to meal type and weight of your intake.

Keep a journal of your food intake

From 

To

Check your food journal 

Day	Meal	Weight	Food
11/04/2014	Lunch	180 g	Chicken and Pineapple Curry

6.5° Modification du journal

You must press the button to display the entire journal of the period set in edit mode weight:

From 

To

Check your food journal 


Day	Meal	Weight	Food	Del
11/04/2014	<input type="radio"/> 1 <input checked="" type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4	180 g	Chicken and Pineapple Curry	<input type="checkbox"/>

Edit

You can also remove food from your journal, after ticking the box provided for this purpose before pressing the "Edit" button.

When a nutritional analysis on a day has been launched, you can not change what has been entered. You can always add more food in a day to compensate, and revive a nutritional analysis thereafter.

6.6°) Filtering entries to the food journal

By default, filtering options (obtained by pressing the button ) food and recipes are not checked. If you want this filter to be taken into account when entering your intake in the journal, you have to come check the options to activate them for the journal.




From: 11/04/2014 To: 11/04/2014  

Filtering to display recipes, products and foods

- ☐ Food intolerance (type III)
- ☐ Food allergy (type I)
- ☐ Lifestyle



6.7°) Daily weight monitor

If you wish you can also keep a daily record of your weight. You must press the button  to access this function.

The Nutritional Analysis function allows a chart of your weight to be displayed. This chart takes into account all the weight entries over the period analyzed, producing a trend line. This function does not require a weight entry every day, but ensure a relevant result, there must be a sufficient number of entries for the period analyzed.




From: 11/04/2014 To: 11/04/2014  

Daily weight monitor

Day : 12/04/2014 Your weight : 

For another day : 

6.8°) Importing from the planer to the food journal

If you are using the planning function for your meals, you can import a day's plan directly into your diary, by pressing the button , as shown in the example below:

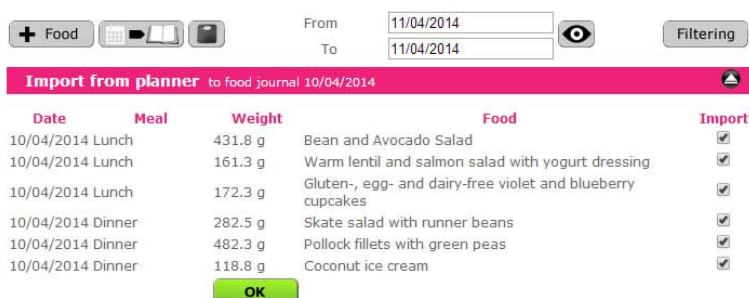




From: 11/04/2014 To: 11/04/2014  

Import from planner to food journal

Day to import : 12/04/2014 


After validating the import to the journal, you can adjust your plan to what you really consumed (weight changes, removal of food), and then complete the day with other foods at your convenience.



From: 11/04/2014 To: 11/04/2014  

Import from planner to food journal 10/04/2014

Date	Meal	Weight	Food	Import
10/04/2014	Lunch	431.8 g	Bean and Avocado Salad	<input checked="" type="checkbox"/>
10/04/2014	Lunch	161.3 g	Warm lentil and salmon salad with yogurt dressing	<input checked="" type="checkbox"/>
10/04/2014	Lunch	172.3 g	Gluten-, egg- and dairy-free violet and blueberry cupcakes	<input checked="" type="checkbox"/>
10/04/2014	Dinner	282.5 g	Skate salad with runner beans	<input checked="" type="checkbox"/>
10/04/2014	Dinner	482.3 g	Pollock fillets with green peas	<input checked="" type="checkbox"/>
10/04/2014	Dinner	118.8 g	Coconut ice cream	<input checked="" type="checkbox"/>



7°) Advice on food substitutions

7.1°) Advice on your hypersensibilities

By default, existing pages in our database with advice for you hypersensibilities are displayed, as shown in the example below:

All foods	
Advices for your delayed hypersensibilities and food lifestyle	
Barley	
Gluten	Agar-Agar (E406) Carob seed flour (E410) Guar flour (E412)
Kamut	
Oats	Millet Quinoa
Rye	
Spelt	
Wheat	

You find in the left column, your hypersensibilities for which there are advices sheets. To get the check, simply click on the name of the food

On the right column, these are records that exist for food or substitute mentioned in the record of the initial food.

A listing is presented in two parts:

- general information on food family, when this information is available (in our case, the gluten)
- specific information searched for food (wheat in our case)

← Your hypersensibilities
All foods

Advices for Wheat

Gluten

Also named the white of the grain. Gluten is contained in spelt, barley, green spelt, oat, kamut, rye and wheat. Pay a lot of attention to semi-finished and instant products, since gluten is used as natural wheat albumen or starch for its binding properties. Alternative: Gluten free grain sorts such as amaranth, millet, corn, quinoa, rice, buckwheat, chestnut and their products.

Gluten free products for the home use:

Agar-Agar
Agar-Agar is a gelatinous substance that is obtained from red seaweed. The food industry uses this extract because of its gelatinization properties as a thickening agent, e.g. for glazes. Agar-Agar can be used as a binding agent for cold or warm fluids.

Guar seed flour
Guar is mainly cultivated in India and Pakistan . The seeds are taken out of their pods, peeled and then ground. Guar seed flour can bind and retain large quantities of cold water and preserves this capacity even in sour fluids. Moreover, it is heat stable up to 95° C. Guar seed flour serves as a glue replacement; however it must be used with consideration because too much of it influences the consistency of the dough in a negative way. The dough does not rise correctly and the baked good becomes gummy. It is also fit for binding sauces and desserts.

Carob flour
The carob tree grows mainly in the Mediterranean region. Every ripe fruit, a long brown pod, contains from five to six kernels. During processing, the kernels and the germs are removed out of the pods. Then the kernels are ground to flour. Carob flour reaches its best source capacity when it is heated. Before you stir it into foods, you should stir it with some salt or sugar in order to avoid lumping.

Potato flour
Due to its high starch concentration, potato flour is best used for binding soups and sauces. One can also dumpling flour - naturally only out of potatoes for that.

Wheat
Wheat grains are a base for many products. A distinction is made between:
Durum wheat – usage: flower for making bread, semolina and pasta
Soft wheat: flower for baking or couscous (mixture of semolina wheat, flower and water)

Semolina, wheat germs and wheat bran are added to many products in dried form, because of its binding and stabilising properties. Therefore, the list of ingredients should be read before purchase.

A selection of foods that may contain wheat or elements of wheat:
Pasta, breadcrumb coating, instant meals, instant soups, cake mix, beverages, muesli, snacks, sweets and many others.

7.2°) Advice on all foods

You also have the opportunity to go look at all the tip sheets are available by pressing the button "All foods." You must be a food choir in the list, to search the record board:

Your hypersensibilities

Advices on the alternatives for all foods

Chicken egg

OK

8°) Survey your 'AAA' (nutritional and statistical analyses and alerts)

8.1°) Define the period to be analyzed

The three analyses presented, also called AAA or triple A, are based solely on the food intake as entered into your food journal. They are made for a period that you can choose as follows:

- **date to date** that you specify using the calendar displayed
- **a full "rolling" month** from and including the present date, a period of one full month going back in time. The corresponding period is displayed for this option
- **a calendar month.** You must select a month and year from the list, so that the analysis period is from the first to the last day of the month selected.

☒ Start date : 12/04/2014
End day : 12/04/2014

☐ A rolling month
From 13/03/2014 To 12/04/2014

☐ A calendar month
April 2014

OK

8.2°) Food alerts

This function scans your food journal over the defined period to identify intolerant and allergic ingredients that were consumed in recipes and products. The result is a list of alerts for the consumption of ingredients defined in the corresponding profiles over the period.

The first list indicates the days on which "incriminated" food consumption was detected and identifies the ingredients which triggered the alerts:

List of foods consumed containing type I and III allergic ingredients		
Meals dates	Foods	Concerned ingredients
10/03/2013	Camembert from raw milk	Camembert Rennet cheese (cow) Camembert Rennet cheese (cow)
List of food rotation critical issues		
Ingredients rotation		Critical day
Apple		10/03/2013 (-2 D)
butter		10/03/2013 (-2 D)
Camembert		10/03/2013 (-2 D)
Carrots		10/03/2013 (-2 D)
Chicken egg-white		10/03/2013 (-2 D)
Chicken yolk		10/03/2013 (-2 D)
cream		10/03/2013 (-2 D)
Grape / Raisin		10/03/2013 (-2 D)
Lemon		10/03/2013 (-2 D)
lentils		10/03/2013 (-2 D)
Meadow mushrooms		10/03/2013 (-2 D)
olive oil		10/03/2013 (-2 D)
Onion		10/03/2013 (-2 D)
Rennet cheese (cow)		10/03/2013 (-2 D)
Tannin		10/03/2013 (-2 D)
Tomato		10/03/2013 (-2 D)
Veal		10/03/2013 (-2 D)
vinegar		10/03/2013 (-2 D)
Wheat		10/03/2013 (-2 D)
Wine		10/03/2013 (-2 D)

The second list contains ingredients for which rotation problems have been detected over the period. If several days of consumption have been detected for the same ingredient only the most critical date is displayed (i.e. the date for which the time between intakes is the shortest, the first date being the reference date). A statistical analysis will complement the information for these ingredients, the number of times they have been consumed over the period.

8.3°) Statistical analysis

This function analyzes your food journal over a defined period to display:

- **TOP 30 ingredients.** The number of days of consumption is indicated for each ingredient on the list. This number divided by the number of days of the period gives the daily rotation rate (or frequency) for the ingredient.

Top 30 ingredients from 01/03/2013 To 31/03/2013		
Number of days : 3		
Ingredient	Nb of times	Frequency
Chive	2	1.5 D
Garlic	2	1.5 D
Camembert	1	3.0 D
butter	1	3.0 D
Wine	1	3.0 D
Tannin	1	3.0 D
Tarragon	1	3.0 D
vinegar	1	3.0 D
cream	1	3.0 D
Soyabean	1	3.0 D
Almond	1	3.0 D
vegetable oil	1	3.0 D
Broccoli	1	3.0 D
Tabasco	1	3.0 D
olive oil	1	3.0 D
lentils	1	3.0 D
Rennet cheese (cow)	1	3.0 D
Apple	1	3.0 D
Onion	1	3.0 D
Tomato	1	3.0 D
Carrots	1	3.0 D
Meadow mushrooms	1	3.0 D
Veal	1	3.0 D
Wheat	1	3.0 D
Curcumin (E100)	1	3.0 D
Bay leaf	1	3.0 D
Lemon	1	3.0 D
Banana	1	3.0 D
Chicken yolk	1	3.0 D
Chicken egg-white	1	3.0 D

- **TOP 30 recipes.**

Top 30 recipes from 01/03/2013 To 31/03/2013

Number of days : 3

Recipe [Alternative]	Nb of times	Frequency
Broccoli gratin with almonds	1	3.0 D
Indian carrot and lentil soup	1	3.0 D
Traditional veal stew	1	3.0 D
Tomato tartare with chives	1	3.0 D

8.4°) Nutritional analysis

The nutritional analysis uses the RNI profile that you have defined for analysis on a one-day time span. Only the days for which entries have been made in the food journal will be taken into account.

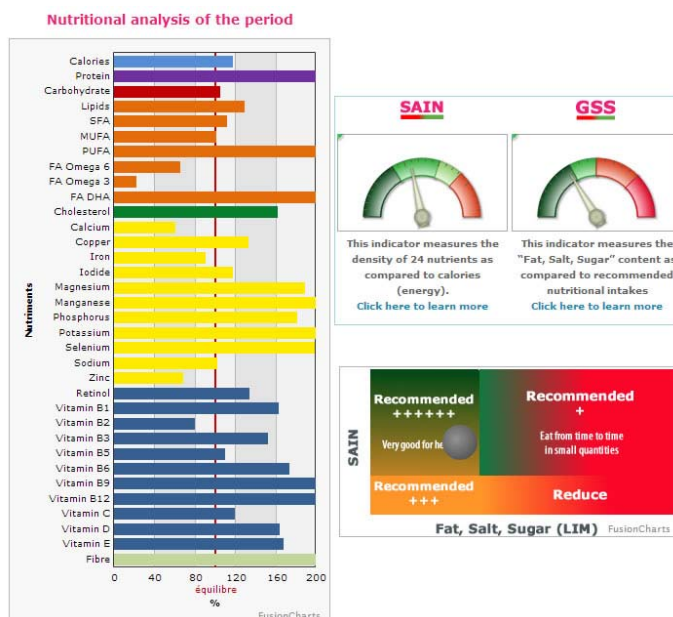
The limit of 100% indicates a theoretical nutritional balance. The longer the analysis period the more pertinent your analysis will be. Otherwise, the analysis will provide useful indicators of trends to be corrected and adjustments to be made to your eating habits.

For each nutrient used in the nutritional analysis, a summary of the recommendations has been edited based on the reference book "The recommended dietary intake for the French population" coordinated by Professor Ambroise Martin, which contains contributions from leading experts in the field of nutrition. In each summary, is indicated, when necessary:

- **the limits of toxicity for an excess** of these nutrients. This means that over a long period, if the dietary intake exceeds these values, health risks are incurred
- **the limits of toxicity for deficiency** of these nutrients for the same reasons as above
- **the limits of safety in deficiency**, which are only a recommendation, as the full consequences are not known at present. An orange colour is used in the gauges used to represent values for the nutrients involved (red is used for toxicity limits)

Activating the nutritional analysis produces:

- a graph with a value for each nutrient (horizontal histogram). The values are displayed as a percentage the RNI, and limited to 200%. To find the precise value, you simply place the cursor on the bar for a title to appear with the information.
- two graphs (gauges) representing the values of the two indicators SAIN and Fat, Salt, Sugar (or LIM). The position of the gauge in the coloured areas indicates where you stand, a popup explanation of these indicators is available.



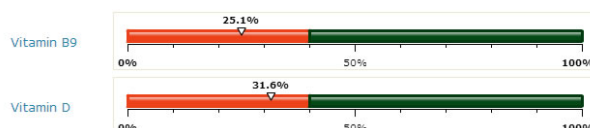
- The list of nutrients exceeding the limits of toxicity due to excess, when there are any, with their value and a reminder on the graph of the value of the limit of toxicity



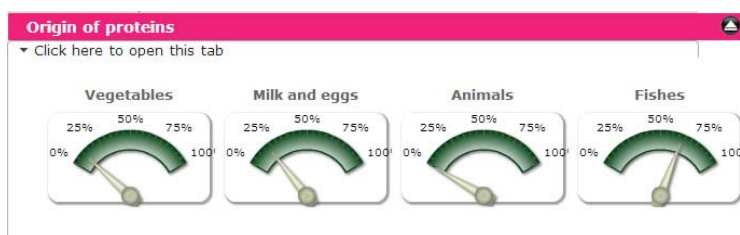
- The list of nutrients below the limits of toxicity due to deficiency, when there are any, with their value and a reminder on the graph of the value of the limit of toxicity



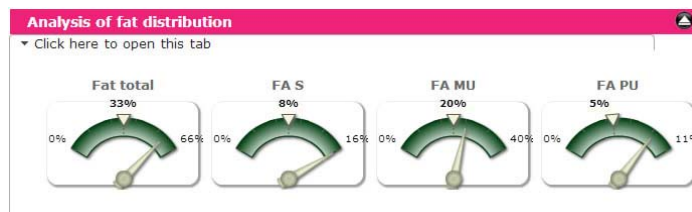
- The list of nutrients below the limits of security for deficiency, when there are any, with their value and a reminder on the graph of the value of the safety limit



- The origin of protein for the following families expressed in percentages:



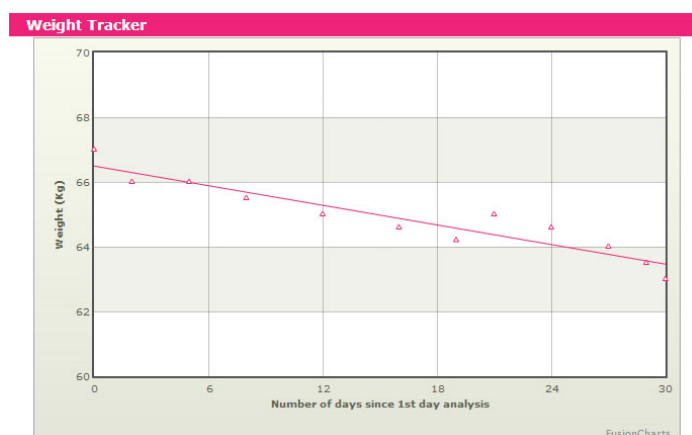
- The ratio of fatty acids in relation to energy, and compared to the recommended values for these ratios.



When a day's entries in the journal have been analyzed, it is no longer possible to modify the values of the entries in the journal for the days concerned. If you need to make corrections after the launch of the analysis, we recommend that you make a positive or negative entry for the ingredient concerned.

8.5°) Weight tracker

A "regression" line is calculated based on the entries made during the period considered. The result is a trend line, as shown in the example below:



9°) Simulate your meals with the Nutrimeter®

The Nutrimeter® allows different simulations, in particular:

- Consulting the nutritional value Hit Parade of foods in the Ciquial 2012 or Fcen databases for 34 nutrients. By default, the Top 20 are displayed but it is possible to list up to 100 foods
- Comparison of these values with your nutritional RNI
- Selection of other food from the Ciquial 2012 and Fcen databases as well as recipes and commercial products



Nutrimeter®

+ Food Filtering

Food Hit Parade per nutrient

★ Choose a nutrient

Discover the Hit Parade

List number of foods : 20 40 60 80 100 Databases : Ciquial (France) Fcen (Canada)

By using the function "Adding other foods to my selection" (click on button **+ Food**), you can make a full nutritional simulation of a meal for example. You have the following options:

- Add food from the Ciquial 2012 and Fcen databases, or directly from the ingredients to which they are related, as well as recipes and commercial products
- Modify the weight of foods added to the list (a sort of shopping basket) before starting a simulation
- Run the simulation, then complete the list of the food selected
- Clear the selection (to reset the basket) and do another simulation

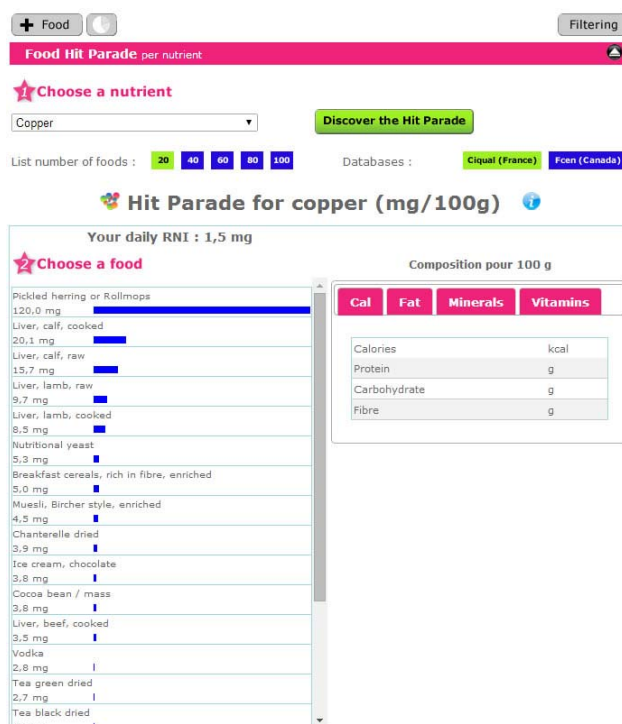
The simulation produces:

- a graph with a value for each nutrient (horizontal histogram). The displayed values are reported as a percentage of the RNI, and limited to 200%. To discover the precise value, you simply place the cursor on the bar to display the information.
- two graphs (gauges) representing the values of the two indicators, SAIN and Fat, Salt, Sugar (or LIM). The position of the gauge in the coloured the areas indicates where you stand, a popup explanation of these indicators is available.

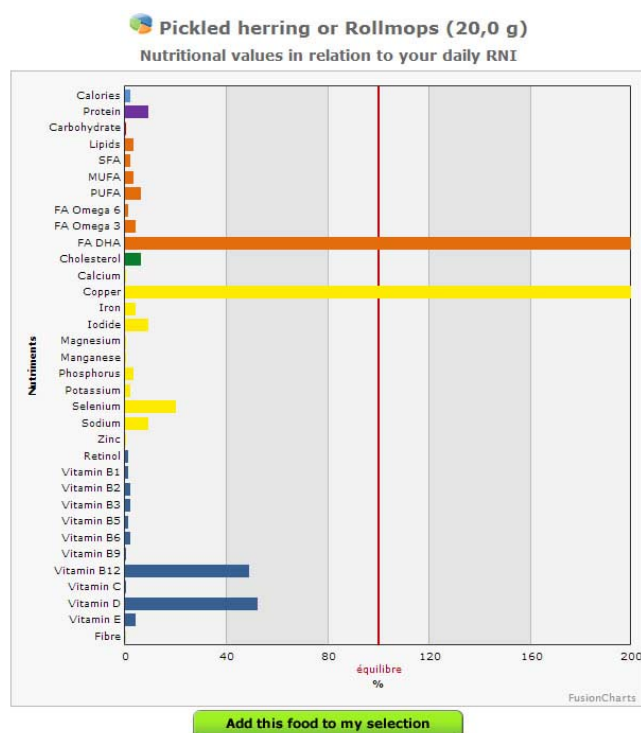
Your food journal adds some additional indicators.

9.1°) Hit Parade

This is how the hit parade of foods in the Ciquial database is presented for a particular nutrient, after having chosen a food, thus allowing its nutritional content to be displayed:



It is possible to simulate the nutritional analysis of the food selected by specifying its weight. The result is compared to your RNI.



This food is added to the selection:

Hit-Parade
+ Food
Filtering

Nutritional analysis of your food selection

My food selection

20.0 g Pickled herring or Rollmops (Ciqual)

Edit Remove

Launch analysis

It is possible, as long as the analysis of the selection has not been made, to adjust the weight of a food added to the selection.

It is possible to add other foods to the selection and restart a nutritional analysis of this selection "augmented".

The button **Remove** allow to remove all food selection, in order to start a new simulation

9.2°) Adding more foods to my selection

It is possible to add to the selection another food from the Ciqual database other than those listed in the Hit Parade.

Hit-Parade
Filtering

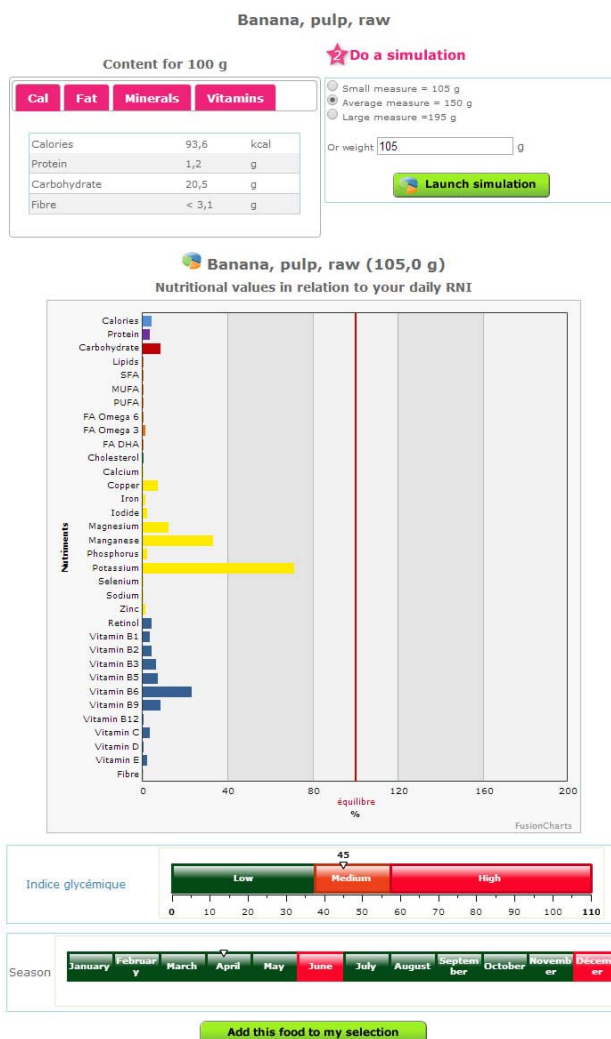
Add more foods to my selection

Search a food

From an ingredient in this list :
Or a recipe, a product

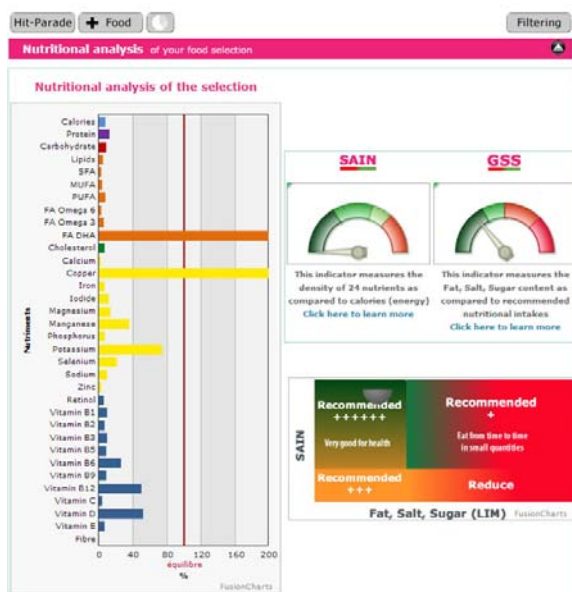
Confirm your choice

You proceed in the same way as for the food journal.



9.3°) Nutritional analysis of the selection

After adding the food, here's how the nutritional analysis of this selection is displayed:



10°) At your service

As part of its quality approach, the company Que Manger SAS sets up a service relationship with its customers. For this, you have at your disposal the following form :

At your service

Ask a question, make a suggestion or comment

Topic

Subject

Explain

Source

B *I* U abc X_2 X^2

Styles ▼ Format ▼ Police ▼ T... ▼

OK

The themes are of two kinds:

- We are at your disposal:
 - Let us suggestions on improvements to existing features in this service
 - Report error operation on which you fell
 - Any other comment from you will be welcome
- We offer the following services:
 - If you do not feel comfortable with the proposal of a recipe via the corresponding function, you can send us or ask to add recipes.
 - If you want to access alternative recipes that do not yet exist, and you do not feel comfortable doing it yourself, you can ask us to do
 - You want to get assistance in managing your diet, make the request so that we can offer you a package to suit your needs

We will reply within 24 hours in working days.

You will see your question appear in tabs within tabs allowing you to follow the dialogue that will engage with us.

Once you have completed your form, you will find it listed in the tab « Questions waiting to be answered » on our part:

Questions waiting to be answered

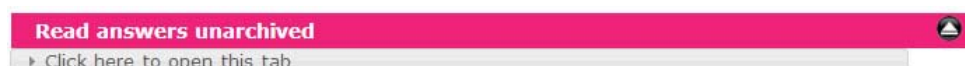
▶ Click here to open this tab

Once a response is made to you, you receive in your email, a message indicating that an answer waiting for you. This response was placed in the following tab :



When you click the link in your message, you'll see it appear the content of your request and the response that we bring you. You have the possibility to meet us to continue the dialogue (the message then returns to the « Questions waiting to be answered » tab).

When you read your message without replying, he spent the next tab:



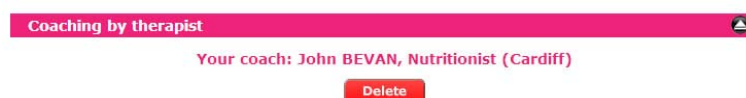
You always have the option to return a read message to continue the dialogue with us on the same theme and topic with us. After a number of days, if you have not answered, we will assume that the message can be archived, and therefore appear more.

11°) Coaching by your therapist

So that your therapist can follow your diet, you can use the form below indicating the code therapist.



Your therapist must first register for free on the site What Eating, by filling out a form and following a procedure explained on the site, allowing it to obtain a code that can provide you (and also send you by mail). After confirming you are subscribed to the community monitoring your therapist, whose name is recalled when you open the tab:



You can also stop at any time, the consultation of your account by your therapist, clicking on the « Delete » button.

Here's an « example » of the dashboard of your account consultation Eat That sees your therapist:

Display patient

Mary BEVAN (DemoQM3)

BMI : Recommended weight

Nb intolerances

- With total exclusion : 2
- With rotation (4 D) : 1

Nb of active allergies : 1



Exit

Physiological Profile and Activities

Click here to open this tab

Food Intolerance profile (Type III)

Click here to open this tab

Food Allergy Profile (Type I)

Click here to open this tab

Food preferences

Click here to open this tab

Food journal

Last day

28/05/2014

Planning

Last day

28/05/2014

Coding meal: 1=Breakfast 2=DLunchr 3=Dinnet 4=Btween meal

Check the food journal for 7 last days

Click here to open this tab

Check plan for 7 last days

Click here to open this tab

Analysis over the period from 29/04/2014 To 28/05/2014

Food alerts for 30 last days

Click here to open this tab

Food statistic analysis for 30 last days

Click here to open this tab

Food nutritional analysis for 30 last days

Click here to open this tab