

15. Steps to design a gluten-free diet with the software

For diet design click on

New recall

Date:

Feb 2019

Lu Ma Mi Ju Vi Sa Su

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28

Accept Cancel

Set a date

Plan a one-day diet:

1

Date: 6-2-2019
Date reminder:

Select one of the options and add a food that the patient consumes.

Before breakfast
Before breakfast
Breakfast
Mid-morning snack
Lunch
Afternoon snack
Dinner
After dinner

Define the meal

3

Define the amount and add the food

Amount: 100

Grams
Milliliters

How heavy is your food?

Alternative text

Add Food

2

Select foods for each meal

Name

Condensed milk with sugar

Fermented milk bifidobacterium whole

Liquid yoghurt whole milk plain with sucrose

Milk and dairy

Conventional foods

Gluten-free foods

Brand

Baguette and roll bread

Baguette bread

Baguette bread

Cereals and derivatives

Cereals and derivatives

Cereals and derivatives

Betina

Procel tunali

Schar

Complete the diet



Breakfast

Hour: 9:00

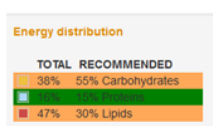
Mineral water 100 gr

Milk semi-skimmed pasteurized 250 gr

Sponge cake 50 gr

Cupcake 45 gr

See the results and check if it is correct



Nutrient intake + See table

Component	Amount	Unit
Energy KCal	4270.9	KCal
Energy	17815.5	KJ
Total carbohydrates	435.8	g
Total protein	136.9	g
Total fats	217.4	g
Total dietary fiber	21.8	g

Daily recommendations

Olive oil 3-6 portions	2.0
Vegetables and derivatives 2 portions	1.1
Fruits and derivatives 3 portions	1.3
Cereals and derivatives 4-6 portions	3.5

If nutrient and food consumption recommendations are fulfilled the colours turns green, if not, it turns orange.

Clicking "+ See table" vitamin and mineral content of the diet can be observed.

Figure 1. Steps to design a gluten-free diet with the software.