

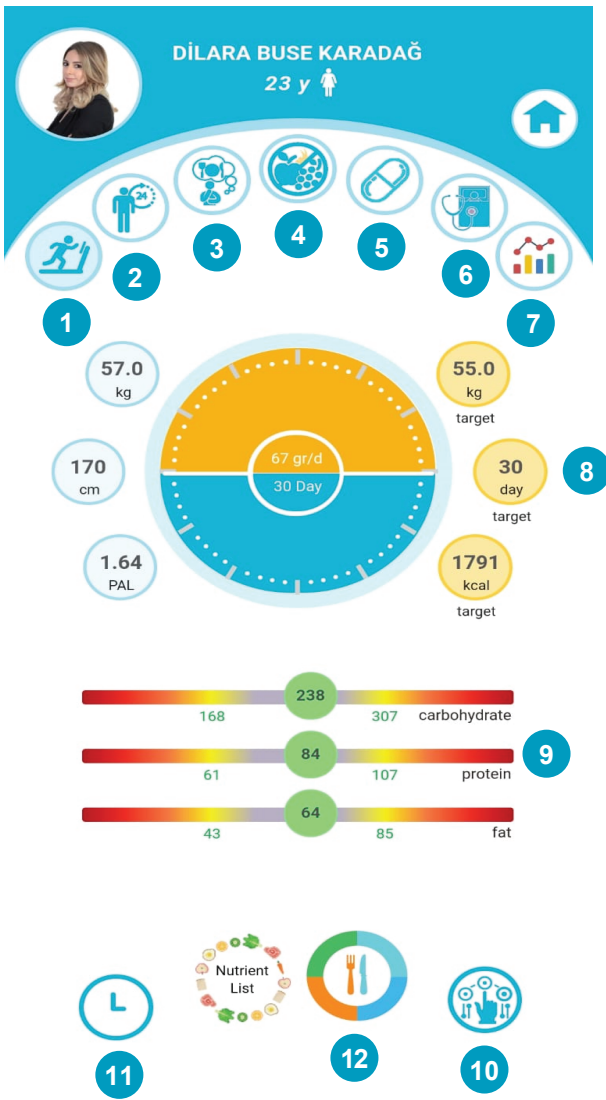
# HOW A SCIENTIFIC MENU IS CREATED WITH HASHIMATO'S THYROIDITIS APPLICATION ?



First the user must determine the Energy, Water and 140 Nutrients need composition by following the order of steps specified on the bottom screen and right column. (1-10)

Then you can create menus according to your daily requirement composition by clicking the CREATE MENU icon.

(If you want to create a menu with the same need composition but with different food/drinks, click the create menu icon without needing to repeat steps 1-10)



## (1) PICKING EXERCISES AND ALARMS

Choose from indoor, outdoor and bodybuilding exercises, select your body mass, set the time of exercise and set alarms, help calculate your PAL multiplier interactively

## (2) CALCULATING PAL MULTIPLIER

Determine your PAL (Physical Activity Level) by selecting your activities and their duration within 24 hours. This is required to determine your daily energy need interactively.

## (3) CHOOSING ALLERGENS AND UNWANTED FOOD

Alerjiniz olan veya hoşlanmadığınız besinler ile *vegan, vejeteryan, pesketeryan vb. seçimlerinizi* yapın menünüzde yer almasın.

## (4) INTOLERANCES

Food that you're intolerant to can be selected so that they won't be recommended in your menus.

## (5) SELECTING DRUGS AND FOOD SUPPLE-

You can select drugs and food supplements you're currently using to both determine your daily 140 nutrients need and recommend menus accordingly.

## (6) SELECT DISEASES

You can select diseases to both determine your daily 140 nutrients need and recommend menus accordingly.

## (7) INTERACTIVE GRAPHICS

Select parameters such as step count/distance, weight, blood pressure, pulse, glucose levels, HbA1C etc. to monitor interactively.

## (8) TARGET WEIGHT AND DATE

Set your weight goal and the time you plan to achieve this.

## (9) CARBOHYDRATES, PROTEIN, FAT BAR

You can modify the percentages of CARBOHYDRATE - PROTEIN - FAT in your diet, which are determined scientifically by the application without risk.

## (10) FOOD CONFIGURATION OF MEALS

You can determine the food and drink configurations of meals.

## (11) MEAL TIME

You can determine the time of any meal and alter others and their alarms.

## (12) FINALLY CLICK THE CREATE MENU

Now you can create the menu fitting your needs that you shaped in 11 steps.

## DOCUMENTS OFFERED ALONG WITH YOUR MENU

- \* Your energy, water and 140 nutrients need composition (2 pages)
- \* The menu you created (2 pages)
- \* Ingredients and amounts of recommended food, soups, deserts, sauces and salads, their amount, recipes, pictures and portion information (10 pages)

Available on both our WEB adress [www.healthmaster.ist](http://www.healthmaster.ist) and Mobile platforms