

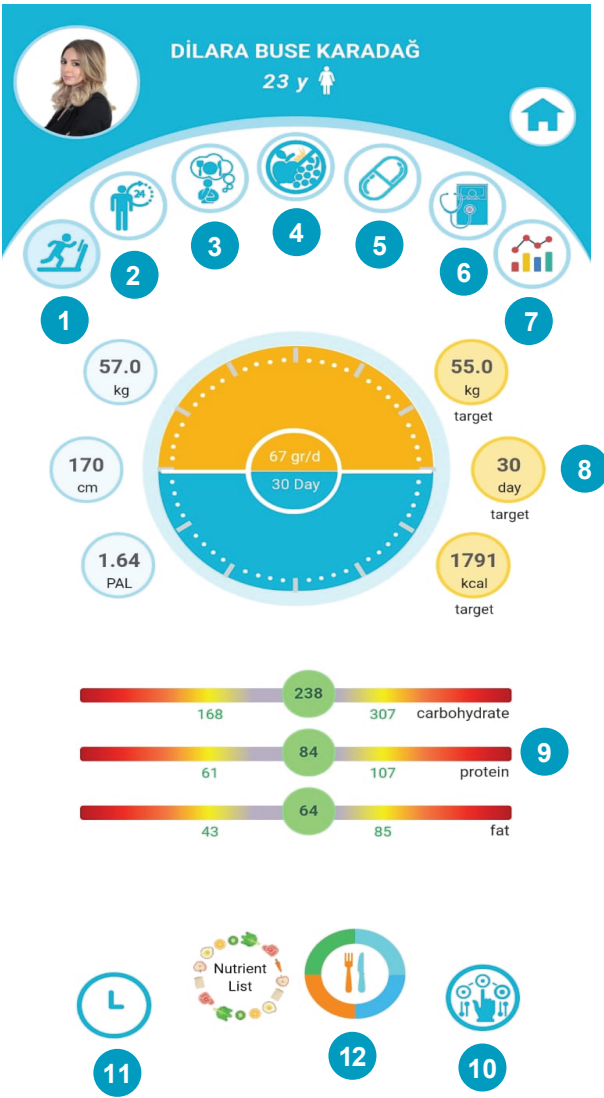
HOW A SCIENTIFIC MENU IS CREATED WITH THIS APPLICATION ?



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 and Mobile platforms