



E-zdrava prehrana

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Koper, 9.3.2018



Študijski program

Prehransko svetovanje - dietetika

Trajanje študija: 3 leta (180 ECTS)

Strokovni naslov "**Diplomirani dietetik**" oz. "**Diplomirana dietetičarka**"



Administrativni dietetik

- Dela predvsem na področjih, ki se ukvarja s prehransko oskrbo;
- njegova odgovornost je zagotavljanje prehransko ustrezne in kakovostne hrane posameznikom ali skupinam prebivalcev, tako zdravim kot bolnim,
- dela v različnih zavodih, ustanovah in v javnih obratih.



The slide features several logos at the top: the University of Primorska (UNIVERSITÀ DEL TRIESTE / UNIVERZA NA PRIMORSKEM), the Slovenian Ministry of Education, Science and Sports (REPUBLIKA SLOVENIJA / MINISTRSTVO ZA IZOBRAŽEVANJE, ZNANOST IN ŠPORT), and the European Union Operational Program for Human Resources Development (Naložba v vašo prihodnost / OPERACIJO DELNO FINANCIRA EVROPSKA UNIJA / Evropski socialni sklad). The main title is 'e-ZDRAVA PREHRANA'. Below it, the authors are listed: Patrik Pucer, Mojca Bizjak, and Tamara Poklar Vatovec. The location and year are 'Izola, 2015'. Two orange arrows point from the title area to two green boxes below.



Camtasia 8.

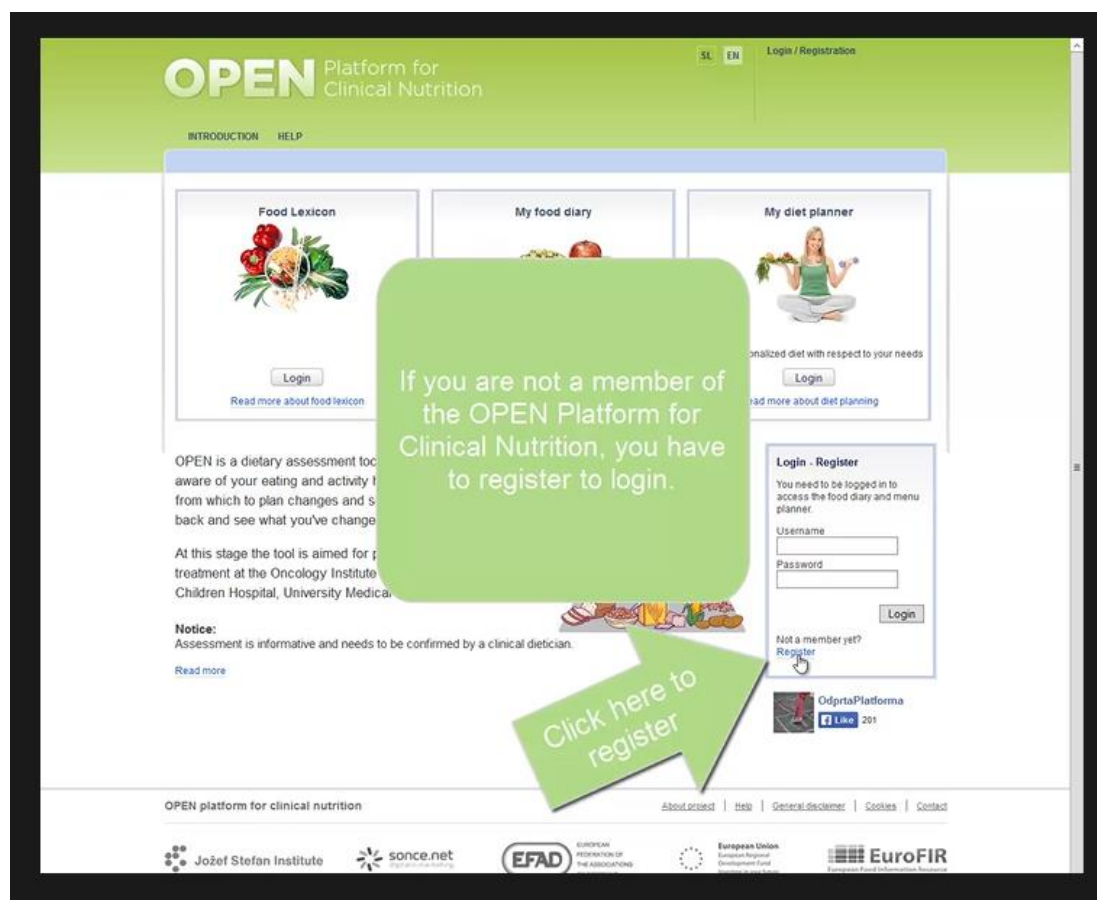
OPEN Platform for Clinical Nutrition: registration, login, profile and dietary recommendations editing

OPEN Platform for Clinical Nutrition: My diet planner

Operacijo delno financira Evropska unija, in sicer iz Evropskega socialnega sklada. Operacija se izvaja v okviru Operativnega programa razvoja človeških virov 2007-2013, razvojne prioritete 3: »Razvoj človeških virov in vseživljenjskega učenja«; prednostne usmeritve 3.3 »Kakovost, konkurenčnost in odzivnost visokega šolstva«.



EN
 SL
 OPKP Odprta platforma za klinično prehrano



OPEN Platform for Clinical Nutrition

INTRODUCTION HELP

Food Lexicon
 Read more about food lexicon

My food diary

My diet planner
 Personalized diet with respect to your needs
 Read more about diet planning

Login - Register
 You need to be logged in to access the food diary and menu planner.
 Username
 Password
 Login
 Not a member yet?
 Register

If you are not a member of the OPEN Platform for Clinical Nutrition, you have to register to login.

Click here to register

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My profile
Log out

Welcome to OPEN
Please enter required data, which are needed to define your DRI and assess your nutritional state.

First name:

Family name:

Gender: Male Female

Koda:

User group:

Birth date: 1 Jan 2000

Height (cm):

Body mass (kg):

Waist circumference (cm):

Health status: Healthy Unhealthy

Patient:

Diabetes
 Acute or travel diarrhoea
 Peanut allergy
 Egg allergy
 Milk allergy
 Nuts allergy
 Arterial hypertension
 Gluten intolerance
 Meatless diet
 Phenylketonuria (PKU)
 Lactose intolerance

Meal planning based on food groups: Yes No

Enable scale:

Care provider
My care providers
No care providers
Your care provider takes control of your activities in the system.
The care provider sets up your profile, monitors food and activity logs and helps you create balanced meals and diets.

Add new provider
To enable an access to your account, please create a token by clicking on "Create a token" and send it to your care provider using e-Mail, phone or mail.
Your care provider will set-up your profile and monitor activities.
[Create a token](#)

After registration and the login, you must fill in your personal data and prepare your profile.

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<http://www2.fvz.upr.si/ezdravaprehrana/assets/vsebina1/vsebina1.html>



Vlado Perki
Body mass: 84.0 kg
Height (m): 189.0 cm
Age: 33 years

My profile
Log out



User name
e-Mail
Change password

First name: Vlado
Family name: Perki
Gender: Male
Koda: [input]
User group: Default
Birth date: 5 Jan 1982
Height (cm): 189
Body mass (kg): 84
Waist circumference (cm): 93
Health status: Healthy Unhealthy
Physical activity level: Moderate
 Diabetes
 Acute or travel diarrhoea
 Peanut allergy
 Egg allergy
 Milk allergy
 Nuts allergy
 Arterial hypertension
 Gluten intolerance
 Meatless diet
 Phenylketonuria (PKU)
 Lactose intolerance
Meal planning based on food groups: Yes No
Enable scale: Yes

Switch to Dietary recommendations



Take advantage of recording food consumption by photos: Take a photo and send it to your diary using the following e-Mail.

Activate e-Mail

save

Care provider

My care providers

No care providers

Your care provider takes control of your activities in the system.

The care provider sets up your profile, monitors food and activity logs and helps you create balanced menus and diets.

Add new provider

To enable an access to your account, please create a token by clicking on "Create a token" and send it to your care provider using e-Mail, phone or mail.

Your care provider will set-up your profile and monitor activities.

Create a token



Recommended daily energy intake: kcal (11.1 MJ)
 BMR kcal (0.0 MJ)

Recommended energy intakes per meals:

- Breakfast %
- Morning snack %
- Lunch %
- Afternoon snack %
- Supper %
- Before-bed snack %
- Late-night meal %

Description:
 1 kcal = 4.2 kJ

Daily energy intake depends on body type and lifestyle factors. Lifestyle factors include activity levels and exercise. It is calculated by multiplying your basal metabolic rate and physical activity level.

Basal metabolic rate (BMR) is the amount of energy used for the maintenance of basic life processes in 24 hours by a person fasting for at least 12 hours and who is physically and mentally at rest, at room temperature (18-24 °C).



- | | | | | | |
|--|--|--|--|---|---|
| <p>Protein</p> <ul style="list-style-type: none"> <input type="checkbox"/> Animal <input type="checkbox"/> Vegetable <input type="checkbox"/> Branched-chained amino acids <input type="checkbox"/> Isoleucine <input type="checkbox"/> Leucine <input type="checkbox"/> Lysine <input type="checkbox"/> Total amino acids <input type="checkbox"/> Phenylalanine <input type="checkbox"/> aspartam <input type="checkbox"/> gluten | <p>Total fat</p> <ul style="list-style-type: none"> <input type="checkbox"/> Saturated fatty acids <input type="checkbox"/> Monounsaturated fatty acids <input type="checkbox"/> Linoleic fatty acid <input type="checkbox"/> Linolenic fatty acid <input type="checkbox"/> C 20:4 n-6 (arachidonic acid) <input type="checkbox"/> C 20:5 (eicosapentaenoic acid) <input type="checkbox"/> C 22:6 n-3 (docosahexaenoic acid) <input type="checkbox"/> Myristoleic fatty acid <input type="checkbox"/> Palmoleic fatty acid <input type="checkbox"/> Stearic fatty acid <input type="checkbox"/> Oleic fatty acid <input type="checkbox"/> Total omega-3 <input type="checkbox"/> Total omega-6 <input type="checkbox"/> Total polyunsaturated fatty acids <input type="checkbox"/> Cholesterol | <p>Total carbohydrates</p> <ul style="list-style-type: none"> <input type="checkbox"/> Total sugars <input type="checkbox"/> Simple sugars <input type="checkbox"/> Free sugars <input type="checkbox"/> Fructose <input type="checkbox"/> Galactose <input type="checkbox"/> Glucose <input type="checkbox"/> Lactose <input type="checkbox"/> Sacrose <input type="checkbox"/> Starch <input checked="" type="checkbox"/> Total dietary fibre <input type="checkbox"/> Crude dietary fibre <input type="checkbox"/> Insoluble dietary fibre <input type="checkbox"/> Soluble dietary fibre | <p>Vitamins</p> <ul style="list-style-type: none"> <input type="checkbox"/> Vitamin A <input type="checkbox"/> Alpha-carotene <input type="checkbox"/> Beta-carotene <input type="checkbox"/> Gamma-carotene <input type="checkbox"/> Vitamin D <input type="checkbox"/> B1 - thiamine <input type="checkbox"/> B2 - riboflavin <input type="checkbox"/> B3 - niacin <input type="checkbox"/> Vitamin B6 <input type="checkbox"/> B5 - pantothenic acid <input type="checkbox"/> B7 - biotin (vitamin H) <input type="checkbox"/> B9 - folic acid <input type="checkbox"/> B12 | <p>Minerals</p> <ul style="list-style-type: none"> <input type="checkbox"/> Sodium <input type="checkbox"/> Chloride <input type="checkbox"/> Potassium <input type="checkbox"/> Calcium <input type="checkbox"/> ORAC <input type="checkbox"/> Manganese <input type="checkbox"/> Chromium <input type="checkbox"/> Molybdenum <input type="checkbox"/> Proline <input type="checkbox"/> Selenium | <p>Inorganic compounds</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Water <input type="checkbox"/> Alcohol |
|--|--|--|--|---|---|

Description:
 During recording or planning of the menus, you can monitor the input of selected nutrients or protective substances.

Each individual or his trustee can include various parameters from the groups of carbohydrates, fats, proteins, vitamins and minerals among the observed nutrients. For the reasons of transparency we have limited the number of observed nutrients to 13 (macronutrients: proteins, fats and carbohydrates + 10 selected macronutrients).



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Profile **Dietary recommendations**

Energy Nutrients of my interest **My DRI for nutrients** My DRI for foods

Nutrients	Lower DRI		Upper DRI	
	Value	% E	Value	% E
Protein	10	% E	15	% E
Animal	3.33	% E	5	% E
Vegetable	6.67	% E	10	% E
Branched-chained amino acids		g		g
Isoleucine	20	mg/kg TT	20	mg/kg TT
Leucine	39	mg/kg TT	39	mg/kg TT
Lysine	30	mg/kg TT	30	mg/kg TT
Total amino acids		g		g
Phenylalanine		g		g
aspartam		g		g
gluten		g		g
Total fat	30	% E	30	% E
Saturated fatty acids	10	% E	10	% E
Monounsaturated fatty acids	10	% E	10	% E
Linoleic fatty acid		g		g
Linolenic fatty acid		g		g
C 20:4 n-6 (arachidonic acid)		g		g
C 20:5 (eicosapentaenoic acid)		g		g
C 22:6 n-3 (docosahexaenoic acid)		g		g
Myristoleic fatty acid		g		g
Palmitoleic fatty acid		g		g
Stearic fatty acid		g		g
Oleic fatty acid		g		g
Total omega-3	0.5	% E	0.5	% E

Here you can find and edit your DRI for nutrients



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Profile **Dietary recommendations**

Energy Nutrients of my interest My DRI for nutrients **My DRI for foods**

Foods	Breakfast	Morning snack	Lunch	Afternoon snack	Supper	Before-bed snack	Late-night meal
Starch (0.0)	0	0	0	0	0		
Milk and dairy products (2.0)	0	1	0	0	1		
Meat, fish and eggs (0.0)	0	0	0	0	0		
Pulses (0.0)	0	0	0	0	0		
Vegetables (4.0)	1	0	2	0	1		
Fruits (3.0)	0	0.99	1.02	0.99	0		
Fats and fat rich foods (0.0)	0	0	0	0	0		
Sugar and sugar rich foods (3.0)	0.99	0	0	2.01	0		
% E	11.2	25.6	19.5	23.2	20.4	0.0	0.0
CH F P	71%, 11%, 16%		93%, 0%, 6%		49%, 21%, 29%		

Calculated caloric and nutrient food values

Food Food	Protein [g]	Carbohydrates [g]	Fats [g]	Energy [kcal]
Širobna živila	0.0	0.0	-	0.0
Mleko in mlečni izdelki	14.0	20.0	5.0	190.0
Meso in zamenjave	0.0	-	0.0	0.0
Stročnice	0.0	0.0	-	0.0
Zelenjava	8.0	20.0	-	112.0
Sadje	-	45.0	-	180.0
Maščobe in maščobna živila	-	-	0.0	0.0
Sladkor in sladka živila	-	30.0	-	120.0
Skupaj	22.0	115.0	6.0	602.0

Description:
Reference values for food intake define the number of food units per particular group, distributed into individual meals.
Reference values for food intake are generally agreed with the trustee. Food units per groups are divided into several meals.

Here you can find and edit your DRI for foods



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My menus | Menus | Solska prehrana

< > 8 Dec 2014 - 14 Dec 2014 Day Week Month ... here

Export to XLS | Total XLS | Copy to Food diary | Add to My menus

NUTRENENTS | FOODS

Weekly average

Average Dietary reference intake

0.00 kcal / 2,647.78 kcal

Amount	% daily value
Protein 0.00 mg	0%
Total fat 0.00 mg	0%
Total carbohydrates 0.00 mg	0%
VL 0.00 mg	0%
Inorganic compo...	-
H2O 0.00 mg	0%

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Morning snack	Morning snack	Morning snack	Morning snack	Morning snack	Morning snack	Morning snack
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Afternoon snack	Afternoon snack	Afternoon snack	Afternoon snack	Afternoon snack	Afternoon snack	Afternoon snack
Supper	Supper	Supper	Supper	Supper	Supper	Supper
Before-bed snack	Before-bed snack	Before-bed snack	Before-bed snack	Before-bed snack	Before-bed snack	Before-bed snack
skupaj	skupaj	skupaj	skupaj	skupaj	skupaj	skupaj
Daily activities	Daily activities	Daily activities	Daily activities	Daily activities	Daily activities	Daily activities

Legend: Carbohydrates (blue), Fats (green), Protein (yellow)

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oepi.si/en_GB/foodmenu/menu/week/ More about partners

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My menus | Menus | Solska prehrana

< > 8 Dec 2014 Day Week **Month** Print | Copy to Food diary | Adapt menu to suit the user's DRI | Add to My menus | Izbrisi vse

Breakfast E: -- CH: -- F: -- P: --

Morning snack E: -- CH: -- F: -- P: --

Lunch E: -- CH: -- F: -- P: --

Afternoon snack E: -- CH: -- F: -- P: --

Supper E: -- CH: -- F: -- P: --

Before-bed snack E: -- CH: -- F: -- P: --

Total per day

Current total Dietary reference intake

0.00 kcal / 2,647.78 kcal

Amount % daily value

Carbohydrates -

Fats -

Protein -

Balance Breakfast in Morning snack

Balance Lunch in Afternoon snack

oepi.si/en_GB/foodmenu/menu/month/date/2014-12-08

By clicking here, you'll be able to enter a specific food for breakfast

Breakfast | 8 December 2014

brej Loading...

Enter here the specific food or activity that you need ...

... we need bread ...

... the searching engine will show you some of the results

Cancel Save

Breakfast | 8 December 2014

brej Add new recipe

- Peach (100.00 g)**
E: 44.81 kcal CH: 10.05 g F: 85.00 mg P: 833.00 mg
- BREAD (100.00 g)**
E: 228.98 kcal CH: 47.70 g F: 1.11 g P: 6.24 g
- PEACH (100.00 g)**
E: 45.73 kcal CH: 10.29 g F: 80.00 mg P: 790.00 mg
- Bleak, bread (100.00 g)**
E: 66.25 kcal CH: / F: 600.00 mg P: 15.00 g
- Brezovec (100.00 g)**
E: 18.00 kcal CH: / F: 620.00 mg P: 3.14 g
- Breadfruit, raw (100.00 g)**
E: 103.00 kcal CH: 27.12 g F: 230.00 mg P: 1.07 g
- Bread, whole-wheat, prepared from recipe (100.00 g)**
E: 290.73 kcal CH: 51.40 g F: 5.40 g P: 8.40 g

... choose bread ...

meal: 529.56 kcal

Total carbohydrates: 103.00 g
Inorganic compounds: 0.00 g

Cancel Save

Breakfast | 8 December 2014

bre Add new recipe

Food Food	CH	P	GI	Food units	Amount
Sirobna živila				4.914	
BREAD	71.550	9.360		4.770	150.00

Total per meal:
Current total: 343.47 kcal / 529.56 kcal
Recommendation for a meal: 343.47 kcal / 529.56 kcal

Protein: 9.36 g 71%
Total fat: 1.67 g 9%
Total carbohydrates: 71.55 g ✓
VL: 6.86 g 103%
Inorganic compounds: 0.00 g 0%
H2O: 58.50 g 9%

Cancel Save

Breakfast | 8 December 2014

milk Add new recipe

- MILK Raw (100.00 g)**
E: 64.62 kcal CH: 4.70 g F: 3.69 g P: 3.17 g
- MILK SPREAD "VIKI KREMA" With cereal flakes an...**
E: 531.63 kcal CH: 58.40 g F: 31.30 g P: 4.32 g
- MILK POWDER (100.00 g)**
E: 476.70 kcal CH: 35.10 g F: 25.20 g P: 25.20 g
- MILK CHOCOLATE (100.00 g)**
E: 516.23 kcal CH: 60.50 g F: 27.50 g P: 6.70 g
- MILK CHOCOLATE (100.00 g)**
E: 553.07 kcal CH: 55.59 g F: 33.60 g P: 7.40 g
- Milk and cereal bar (100.00 g)**
E: 413.00 kcal CH: 72.05 g F: 10.98 g P: 6.47 g
- MILK Pasteurized 1,6 % (100.00 g)**
E: 46.08 kcal CH: 4.80 g F: 1.65 g P: 2.95 g

Food units: 4.244
Amount: 150.00

Total per meal:
Current total: 343.47 kcal / 529.56 kcal
Recommendation for a meal: 343.47 kcal / 529.56 kcal

Protein: 9.36 g 71%
Total fat: 1.67 g 9%
Total carbohydrates: 71.55 g ✓
VL: 6.86 g 103%
Inorganic compounds: 0.00 g 0%
H2O: 58.50 g 9%

... choose the milk that you need ...

Cancel Save

Breakfast | 8 December 2014

salami Add new recipe

Total CHOT 81.9 Glycemic load 2.832 Number of insulin doses -

Food Food	CH	P	GI	Food units	Amount
Škrobna živa				4.814.9	
BREAD	71.550	9.360		4.770	150.00
Mleko in mlečni izdelki				0.850.0	
MILK Pasturized 1.6 %	9.600	5.900	30	0.843	200.00
Mleko in zamegave				1.622.9	
Salami, dry or hard, pork	0.800	11.290		1.613	50.00

Total per meal:
Current total: 639.13 kcal / 529.56 kcal
Recommendation for a meal: 639.13 kcal / 529.56 kcal

Protein 26.55 g 135%
Total fat 24.82 g 121%
Total carbohydrates 81.86 g 114%
VL 6.86 g 103%
Inorganic compou... 255.19 g 43%

Click Save to save your breakfast's diet plan

Cancel Save

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Vlado Peris 1980-01-01 1980-01-01 1980-01-01 1980-01-01

MY BOARD FOOD LEXICON MY FOOD DIARY MY DIET PLANNER MY RECIPES INTRODUCTION HELP

8 Dec 2014 Day Week Month Print | [Click to Food Item](#) | [Adapt menu to suit the user's CRN](#) | [Add % to menu](#) | [Reset](#)

Breakfast # E: 639.13 kcal (121%) CH: 61.95 g (P: 21.52 g P: 26.55 g) Current

Food	CH	P	GI	Food units	Amount
BREAD, 100.00 g				4.770	150.00 g
MILK Pasturized 1.6 % 200.00 g	9.600	5.900	30	0.843	200.00 g
Salami, dry or hard, pork 50.00 g	0.800	11.290		1.613	50.00 g

Total per day
Current total: 639.13 kcal / 529.56 kcal
Recommendation for a meal: 639.13 kcal / 529.56 kcal

Protein 26.55 g 135%
Total fat 24.82 g 121%
Total carbohydrates 81.86 g 114%
VL 6.86 g 103%
Inorganic compou... 255.19 g 43%

By clicking here, you'll be able to enter a specific food for morning snack

Cancel Save



Morning snack | 8 December 2014

run walk Add new recipe

Total CHOT 27.8 Glycemic load 7.173 Number of insulin doses -

Food Food	CH	P	GI	Food units	Amount
Škrobna živa				0.750.0	
Crackers, standard snack-type, regular	0.655	16.00		0.655	16.00
Sadež	1.210			1.210	125.00
Apple	1.195		40	1.195	125.00
Ostale jedi				100.00	
Water, tap, municipal				100.00	

Total per meal:
Current total: 155.50 kcal / 330.97 kcal
Recommendation for a meal: 155.50 kcal / 330.97 kcal

Protein 1.25 g 15%
Total fat 4.27 g 38%
Total carbohydrates 27.75 g 68%
VL 2.98 g 68%

... choose the moderate run/walk activity that you need ...

Cancel Save

Morning snack | 8 December 2014

run walk Add new recipe

Total CHOT 27.8 Glycemic load 7.173 Number of insulin doses -

Food Food	CH	P	GI	Food units	Amount
Škrobna živa				0.750.0	
Crackers, standard snack-type, regular	0.655	16.00		0.655	16.00
Sadež	1.210			1.210	125.00
Apple	1.195		40	1.195	125.00
Ostale jedi				100.00	
Water, tap, municipal				100.00	
Activities				168.00	30
walk/run, playing with animals, moderate, only active periods walk/run, playing with animals, moderate, only active periods (4.0 METS)				168.00	30

Total per meal:
Current total: 155.50 kcal / 345.92 kcal
Recommendation for a meal: 155.50 kcal / 345.92 kcal

Protein 1.25 g 14%
Total fat 4.27 g 36%
Total carbohydrates 27.75 g 65%
VL 2.98 g 65%
Inorganic compou... 206.95 g 56%

... enter amount in minutes ...

Cancel Save

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Wlado Perki
Body mass: 84.4 kg
Height: 180.0 cm
Age: 33 years

8 Dec 2014

Breakfast E: 639.13 kcal (21%) CH: 81.05 g P: 21.62 g P: 26.55 g

Morning snack E: 155.50 kcal (4%) CH: 17.70 g P: 4.27 g P: 1.20 g

Lunch E: 235.76 kcal (7%) CH: 29.36 g P: 8.98 g P: 2.34 g

Afternoon snack E: 125.00 kcal (4%) CH: 15.62 g P: 4.76 g P: 1.20 g

Supper E: 100.00 kcal (3%) CH: 12.50 g P: 3.75 g P: 1.00 g

Before-bed snack E: 50.00 kcal (1%) CH: 6.25 g P: 1.88 g P: 0.50 g

Total per day E: 2984.83 kcal (74%) CH: 374.14 g P: 114.24 g P: 29.75 g

Lunch | 8 December 2014

Jota (235.76 g)
E: 54.80 kcal CH: 9.24 g F: 8.08 05 mg P: 2.49 g
BEANS, Potatoes, white, flesh and skin, raw, Repično oje, Wh...

JOTA - ESPO (251.33 g)
E: 241.70 kcal CH: 14.25 g P: 13.89 g P: 14.99 g
Paradžnik v pločevini, Beans, black, mature seeds, raw, Wat...

Jota s Klobaso (427.16 g)
E: 145.19 kcal CH: 13.08 g F: 6.84 g P: 7.78 g
GARLIC, Salt, table, BLACK PEPPERGround, SOUP CONCENT...

JOTA S KISLO REPO, ETA (100.00 g)
E: 38.74 kcal CH: 4.60 g F: 1.90 g P: 800.00 mg

Istrska jota LEVEMIR DIET (284.05 g)
E: 102.07 kcal CH: 5.76 g F: 7.98 g P: 1.99 g
Kisla repa (rodjenski), BEANS, grain, canned, Onion, Statina, ...

... choose the Jota result that you need ...

Lunch | 8 December 2014

jota Add new recipe

Total CHOT 21.8 Glycemic load: 1.00 Number of insulin doses: 0.604

Food	Food	CH	P	GI	Food units	Amount
Sirazna živa					0.604	
Jota		21.790	5.882		0.563	235.76
Potatoes, white, flesh and skin, raw		7.855	0.840		0.471	45.00
Wheat white flour, T500		1.521	0.223		0.091	1.80
Siročnice					0.712	
Jota		21.790	5.882		0.728	235.76
BEANS		8.675	4.046		0.728	22.50
Zelenjava					0.679	
Jota		21.790	5.882		0.679	235.76
Onion		0.455	0.065		0.082	4.95
GARLIC		0.250	0.053		0.045	0.79
Spices, poultry seasoning		0.289	0.042		0.052	0.40
BLACK PEPPERGround		0.415	0.092		0.075	0.58
Kisla repa (rodjenski)		2.330	0.500		0.419	90.00
Maščobe in maščobna živa					0.268	
Jota		21.790	5.882		0.234	235.76
Repično oje					0.234	1.17
Distale jedi						
Jota		21.790	5.882			235.76
Salt, table					1.08	
Water, tap, municipal					67.50	

Total per meal: E: 235.76 kcal / 992.92 kcal

Current total: 129.21 kcal / 992.92 kcal

Recommendation for a meal: E: 639.13 kcal (21%) CH: 81.05 g P: 21.62 g P: 26.55 g

Protein: 5.86 g 23%
Total fat: 5.91 g 5%
Total carbohydrates: 21.79 g 17%
Inorganic compos...: 8.98 g 72%
H2O: 214.84 g 19%

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Wlado Perki
Body mass: 84.4 kg
Height: 180.0 cm
Age: 33 years

8 Dec 2014

Breakfast E: 639.13 kcal (21%) CH: 81.05 g P: 21.62 g P: 26.55 g

Morning snack E: 155.50 kcal (4%) CH: 17.70 g P: 4.27 g P: 1.20 g

Lunch E: 235.76 kcal (7%) CH: 29.36 g P: 8.98 g P: 2.34 g

Afternoon snack E: 125.00 kcal (4%) CH: 15.62 g P: 4.76 g P: 1.20 g

Supper E: 100.00 kcal (3%) CH: 12.50 g P: 3.75 g P: 1.00 g

Before-bed snack E: 50.00 kcal (1%) CH: 6.25 g P: 1.88 g P: 0.50 g

Total per day E: 2984.83 kcal (74%) CH: 374.14 g P: 114.24 g P: 29.75 g

You can check the nutritional values of the entered foods by going over them with the mouse's pointer

MY BOARD FOOD LEXICON MY FOOD DIARY MY DIET Meal saved INDUCTION HELP

My menus Menu *Solista pretrana*

8 Dec 2014 Day Week Month Print | Copy to Food diary | Adapt menu to suit the user's DRI

Breakfast E: 639.13 kcal (121%) CH: 81.95 g F: 21.82 g P: 26.55 g [Delete](#)

BREAD, 150.00 g	MILK Pasteurized 1,6 %, 200.00 g	Salami, dry or hard, pork, 50.00 g
-----------------	----------------------------------	------------------------------------

Morning snack E: 155.50 kcal (45%) CH: 27.75 g F: 4.27 g P: 1.25 g [Delete](#)

Apple, 125.00 g	Crackers, standard snack-ty..., 16.00 g	Water, tap, municipal, 100.00 g
Walnut, playing with anim..., 30.00		

Balance Breakfast in Morning snack

Lunch E: 276.61 kcal (28%) CH: 35.65 g F: 8.18 g P: 14.63 g [Delete](#)

Jota, 235.76 g	KRANJSKA KLOBASA 230G TR, 37.23	BREAD, 28.35 g
Water, tap, municipal, 100.00 g		

Afternoon snack E: 171.06 kcal (52%) CH: 19.85 g F: 8.77 g P: 3.26 g [Delete](#)

GREEN TEA Georgian, 100.00 g	Tomato, 148.00 g	Rye bread, 28.35 g
Butter, salted, 10.00 g		

Balance Lunch in Afternoon snack

Supper E: 425.72 kcal (92%) CH: 98.20 g F: 758.70 mg P: 9.94 g [Delete](#)

Potato, baked, fresh and sk..., 299.00 g	Lettuce, iceberg lettuce, 200.00 g	Peach nectar, canned, with..., 200.00
--	------------------------------------	---------------------------------------

Before-bed snack E: -- CH: -- F: -- P: -- [Delete](#)

Amount % daily value

Protein	55.63 g	81%
Total fat	43.89 g	46%
Total carbohydrates	263.40 g	77%
VL	33.23 g	95%
Inorganic compou...		
H2O	1.53 kg	51%

Carbohydrates
Fats
Protein

Day Week Month Print | Copy to Food diary | Adapt menu to suit the user's DRI | Add to my menus | [Print list view](#)

E: 639.13 kcal (121%) CH: 81.95 g F: 21.82 g P: 26.55 g [Delete](#)

MILK Pasteurized 1,6 %, 200.00 g	Salami, dry or hard, pork, 50.00 g
----------------------------------	------------------------------------

Total per day

1668.02 kcal / 2767.35 kcal

Protein 55.63 g 81%

Total fat 43.89 g 46%

Total carbohydrates 263.40 g 77%

VL 33.23 g 95%

Inorganic compou...

H2O 1.53 kg 51%

Carbohydrates
Fats
Protein

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My BOARD | FOOD LEXICON | MY FOOD DIARY | **MY DIET PLANNER** | MY RECIPES | INTRODUCTION | HELP

8 Dec 2014 - 14 Dec 2014 | Day | Week | Month | Export to XLS | Total XLS | Copy to Food diary | Add to My menus

The current page shows your current weekly menu and weekly average reference energy and nutrient values (DRI)
 Click here to continue

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast 639 / 553 kcal	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Morning snack 155 / 145 kcal	Morning snack	Morning snack	Morning snack	Morning snack	Morning snack	Morning snack
Lunch 276 / 1037 kcal	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Afternoon snack	Afternoon snack	Afternoon snack	Afternoon snack	Afternoon snack	Afternoon snack	Afternoon snack
Supper 425 / 424 kcal	Supper	Supper	Supper	Supper	Supper	Supper
Before-bed snack	Before-bed snack	Before-bed snack	Before-bed snack	Before-bed snack	Before-bed snack	Before-bed snack
skupaj 1688/2767 kcal	skupaj	skupaj	skupaj	skupaj	skupaj	skupaj
Daily activities 168 kcal	Daily activities	Daily activities	Daily activities	Daily activities	Daily activities	Daily activities

Weekly average
 Average Dietary reference intake: **1,668.02 kcal / 2,767.35 kcal**

Amount % daily value
 Protein 55.63 g 82%
 Total fat 43.89 g 47%
 Total carbohydrates 263.49 g 77%
 VL 33.23 g 96%
 Inorganic compo...
 H2O 1.53 kg 52%

Legend: Carbohydrates (blue), Fats (green), Protein (yellow)

OPEN Platform for Clinical Nutrition

My BOARD | FOOD LEXICON | MY FOOD DIARY | **MY DIET PLANNER** | MY RECIPES | INTRODUCTION | HELP

8 Dec 2014 - 14 Dec 2014 | Day | Week | Month | Export to XLS | Total XLS | Copy to Food diary | Add to My menus

How to adapt the menu to suit the user's DRI?
 Click here to continue

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast 639 / 553 kcal	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Morning snack 155 / 145 kcal	Morning snack	Morning snack	Morning snack	Morning snack	Morning snack	Morning snack
Lunch 276 / 1037 kcal	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Afternoon snack	Afternoon snack	Afternoon snack	Afternoon snack	Afternoon snack	Afternoon snack	Afternoon snack
Supper 425 / 424 kcal	Supper	Supper	Supper	Supper	Supper	Supper
Before-bed snack	Before-bed snack	Before-bed snack	Before-bed snack	Before-bed snack	Before-bed snack	Before-bed snack
skupaj 1688/2767 kcal	skupaj	skupaj	skupaj	skupaj	skupaj	skupaj
Daily activities 168 kcal	Daily activities	Daily activities	Daily activities	Daily activities	Daily activities	Daily activities

Weekly average
 Average Dietary reference intake: **1,668.02 kcal / 2,767.35 kcal**

Amount % daily value
 Protein 55.63 g 82%
 Total fat 43.89 g 47%
 Total carbohydrates 263.49 g 77%
 VL 33.23 g 96%
 Inorganic compo...
 H2O 1.53 kg 52%


Legend: Carbohydrates (blue), Fats (green), Protein (yellow)


<http://www2.fvz.upr.si/ezdravaprehrana/assets/vsebina2/vsebina2.html>

E: 527.30 kcal (100%) CH: 67.77 g F: 17.94 g P: 21.89 g Delete [X]	
MILK Pasteurized 1,6 %, 166.00 g	Salami, dry, pork, 41.00 g
Edit meal	

E: 994.06 kcal (100%) CH: 128.05 g F: 29.41 g P: 52.59 g Delete [X]	
KRANJSKA KLOBASA 230G TR, 134.00	BREAD, 102.00 g
Edit meal	

E: 328.76 kcal (99%) CH: 38.47 g F: 16.69 g P: 6.31 g Delete [X]	
Tomato, 286.00 g	Rye bread, 55.00 g
Edit meal	



 NUTRIENTS


 FOODS

Total per day ?

Current total Dietary reference intake:
2643.97 kcal / 2767.35 kcal

	Amount	% daily value
Protein	94.26 g	✓
Total fat	73.94 g	78%
Total carbohydrates	400.15 g	106%
VL	64.70 g	186%
Inorganic compou...		
H2O	2.75 kg	93%



Carbohydrates
 Fats
 Protein

The daily reference energy and nutrient values (DRI) have changed and are now adapted



Hvala za pozornost

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Koper, 9.3.2018

