



Your meal plans and recipes have a new design

26 APRIL 2018 on New Features

Our main concern is the relationship our professionals have with their patients which ultimately leads to our main goal: helping

you in building a better relationship with them.

For this reason, we've decided to improve our product and redefined the design of meal plans you deliver to your patients after an appointment. Now you have the possibility to choose between the previous layout available and a **neater, more intuitive and practical design**.

In addition to being able to personalise the meal plan created in Nutrium, you can also **print the measurements, meal plan analysis and the recipes section in both layouts**. Another great improvement is the possibility to print the nutritional information of recipes.

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What have we improved?


One of the main features that makes Nutrium stand out from other software products is the possibility for patients to check their nutrition professional's meal plan and recommendations on their mobile app.


However, we are aware that these devices are not available to everyone for the most various reasons thus, with Nutrium, it is


also possible to **deliver meal plans to patients through email or by printing them out on paper.**


With this update, it is now possible to have two options when it comes to printing meal plans, as well as for printing the measurements and analysis section: the **traditional box design** and also the **simple design**.


Moreover, we improved some issues regarding page breaks and created a more unified model. Next, you will be able to compare both desgins.



 Kate Smith

 Registered dietitian

 kate.smith@professionals.nutrium.io

 Eat clean

MEALS

07:00 AM BREAKFAST

- 1 portion of fruit (160 g)
- 1 cup of milk, 1% milkfat (244 g)
- 2 slice of bread, whole-wheat, commercially prepared (64 g) or 2 tbsp of cereals, oats, cooked with water (29 g) or 1/2 cup of Corn Flakes (14 g)
- 1/2 Avocado (68 g) or 1 large of egg, hard-boiled (50 g)

10:00 AM MORNING SNACK

- 2 tbsp of peanut butter (32 g)
- 1 portion of fruit (160 g)
- 1 thin slice of bread, rye (25 g)

12:00 PM LUNCH

SOUP

- 1 cup of soup, vegetable (252 g)

DISH

- 3 oz of pasta, plain, cooked (86 g) or 1/2 cup of rice, brown, cooked (98 g) or 1/2 cup of quinoa, cooked (93 g)
- 120 grams of meat or 120 grams of white fish or 100 grams of oily fish
- 1 cup of vegetables, cooked or fresh (182 g)
- 1 tsp of oil, olive, salad or cooking (5 g)

DRINKS, APPETIZERS, DESSERTS AND OTHERS

- 1 portion of fruit (160 g)

04:00 PM AFTERNOON SNACK

- 200 grams of orange juice, freshly squeezed or 1/2 container of yogurt, Greek, plain, nonfat (85 g)
- 10 nuts, hazelnuts or filberts (14 g)

07:00 PM DINNER

SOUP

- 1/2 cup of soup, vegetable (126 g)

DISH

- 50 grams of mixed vegetables
- 4 oz of pasta, plain, cooked (114 g) or 1/2 cup of rice, brown, cooked (98 g) or 1/2 cup of quinoa, cooked (93 g)
- 120 grams of meat or 120 grams of white fish or 100 grams of oily fish
- 1 tsp of oil, olive, salad or cooking (5 g)

DRINKS, APPETIZERS, DESSERTS AND OTHERS

- 1 portion of fruit (160 g)

10:00 PM SUPPER

- 1/2 cup (8 fl oz) of tea, herb (119 g)



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Meals

Breakfast

07:00

1 portion of fruit (160 g)

1 cup of milk, 1% milkfat (244 g)

2 slice of bread, whole-wheat, commercially prepared (64 g) or 2 tbsp of cereals, oats, cooked with water (29 g) or 1/2 cup of Corn Flakes (14 g)

1/2 Avocado (68 g) or 1 large of egg, hard-boiled (50 g)

Morning snack

10:00

2 tbsp of peanut butter (32 g)

1 portion of fruit (160 g)

1 thin slice of bread, rye (25 g)

Lunch

12:00

Soup

1 cup of soup, vegetable (252 g)

Dish

3 oz of pasta, plain, cooked (86 g) or 1/2 cup of rice, brown, cooked (98 g) or 1/2 cup of quinoa, cooked (93 g)

120 grams of meat or 120 grams of white fish or 100 grams of oily fish

1 cup of vegetables, cooked or fresh (182 g)

1 tsp of oil, olive, salad or cooking (5 g)

Drinks, appetizers, desserts and others

1 portion of fruit (160 g)

Afternoon snack

16:00

200 grams of orange juice, freshly squeezed or 1/2 container of yogurt, Greek, plain, nonfat (85 g)

10 nuts, hazelnuts or filberts (14 g)

Since our main focus is to, not only continue innovating our service but also yours, so now is possible to **print recipes with the nutritional information.**

You can also choose which layout you prefer to use when printing the recipe. By default, Nutrium always assumes the new layout.



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Registered dietitian

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Eat clean



BERRY BLUE SMOOTHIE

Nutritious and versatile, smoothies make an excellent quick snack, and can also count as one portion of the recommended five a day. Serve them at breakfast to provide a treat for the family and a healthy start to the day. There is a huge choice of fresh fruit at this time of year.

10 hours

2.9 Glasses

INGREDIENTS

- 1 cup, unthawed of blueberries, frozen, unsweetened [155 g]
- 1/2 cup, thawed of raspberries, frozen, red, sweetened [125 g]
- 1/2 medium (7" to 7-7/8" long) of bananas, raw [59 g]
- 1 cup [8 fl oz] of yogurt, plain, low fat, 12 grams protein per 8 ounce [245 g]
- 1.5 cup of milk, nonfat, fluid, with added vitamin A and vitamin D [fat free or skim] [368 g]

COOKING METHOD

- Place all the ingredients, except the ice cubes, in a blender or food processor and purée until smooth. Add a little extra milk if you prefer a thinner consistency.
- Add the ice cubes, if using, and blend again for a further 20-30 seconds until the ice is roughly crushed. Serve immediately in long, chilled glasse
- Place all the ingredients, except the ice cubes, in a blender or food processor and purée until smooth. Add a little extra milk if you prefer a thinner consistency.
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- Add ice cubes, if using, and blend again for a further 20-30 seconds until the ice is roughly crushed. Serve immediately in long, chilled glass.

NUTRITIONAL INFORMATION

	PER 100 g	PER GLASS [330 g]	% DRI
ENERGY	57 kcal	187 kcal	9 %
PROTEIN	3 g	10 g	19 %
CARBOHYDRATE	11 g	35 g	13 %
SUGARS	9 g	29 g	32 %
FAT	1 g	2 g	3 %
FATTY ACIDS, TOTAL SATURATED	0 g	1 g	5 %
FIBER	1 g	4 g	16 %
SODIUM	35 mg	114 mg	5 %

How to change the printing design?

We've added a new section in preferences which allows you to **choose which design you want to use in your meal plans and recipes.**

Just as simple as accessing your [Preferences](#) page and in the section of [Email and printing preferences](#) look for the option

Printing layout. In there you will be able to see two options: the **Box layout (2016)** and the **Simple layout (2018)**.

Printing layout	Simple layout (2018)	^
	Box layout (2016)	↓
	Simple layout (2018)	

Not using Nutrium yet?

Join more than 20.000 nutrition professionals
and try our nutrition software for free

Try it now

We are always working to **improve our software** according to our **professionals' needs, suggestions and feedback**.

We hope that this new update is of most value in making your service more personalised and your patients more motivated.

If you haven't tried Nutrium already now is a great chance to do it. [Sign up here](#) and enjoy our 14-day free trial!



Manuela Abreu

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