



GLOSSARY - EasyDiet

German	English	Explanation
Anamnese	Anamnesis	Medical history of a patient
Blockdiät	Block diet	Diet which does not depend on a certain patient but on certain parameters.
Bewegungsdaten	Dynamic data	Data which can be changed frequently.
Compliance	Compliance	Indicates whether a patient follows the instructions given in his/her diet.
Ernährungsempfehlung	Dietary advice	A form of a diet which is not that strict. This means that a patient can eat the food recommended in the advice, however the patient does not have to.
Ernährungsprotokoll	Dietary protocol	Lists every meal which a patient has eaten in a certain timespan.
(Grund)nährstoffe	(Basic)nutrients	Nutrients are chemical elements which are declared for every food of the "BLS".
Mahlzeit	Meal	A list of food or recipes which have to be eaten at a certain daytime
Rezept	Recipe	Contains a list of food from "BLS" with a preparation explanation.
Speiseplan	Dietary plan	The strictest type of a diet which helps a patient to achieve the target parameters.
24 Stunden Recall Protokoll	24 hours recall protocol	An exact protocol giving an overview of the food which has been eaten in the last 24 hours.
Benutzer	User	A user of the system.
Body Mass Index	Body Mass Index	Calculation method which is used to determine whether someone is overweight or underweight.



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Bundeslebensmittelschlüssel (BLS)	"Bundeslebensmittelschlüssel" (BLS)	A German federal database containing every food which is useable for a dietary plan.
Diagnose	Diagnosis	Opinion of a doctor which is based on careful investigation of an ill conditioned person and its symptoms and history.
Parameter	Parameter	Different measurable values of a patient; e.g. blood values
ZielParameterset	Target parameter set	Includes different parameters for a patient which should be reached.
Diätassistentin	dietary assistant	The person who mainly controls the program. The dietary assistant creates different plans for each patient.
Befund	findings	Medical findings will signify the collective physical and psychological occurrences of patients surveyed by medical methods.
Nahrungsmittel	food	In this context the term food describes every kind of food which is contained in the "BLS" data base.
Zutat	ingredient	A part of a recipe.
Ärztliche Behandlung	Medical treatment	Medical treatment is the attempted remediation of a health problem by medical intervention.
Soll/Ist Analyse	Target/actual Analysis	Comparison of target parameter values with actual parameter values and the interpretation of the differences.
Labordaten	laboratory data	Data which is recorded by tests in a laboratory.
Haushaltsmenge	household quantity	Household quantity is a more understandable measurement for home cooking. E.g. 15 gr. of sugar the household quantity is one spoon of sugar.



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Kontakt	contact	For each activity involving patients or patient files a new contact is created. Contacts are consultations, creating a dietary plan, evaluating compliance, etc.
Kontaktjournal	contact journal	A list of all patient related contacts of a specific patient.
Compliance	compliance	Level of fulfilment of the guidelines which the patient has to meet and is rated by the dietary assistant.
Perzentilen	percentile	One of the points into which a large range of numbers, results, etc. is divided to make 100 groups of the same size.
Patientenstatus	Condition/Status of a patient	By getting the continuous status of a patient, one can see the progress of the diet.
Standardabweichung	Standard Deviation	The amount by which one of a set of measurements, numerical observations, etc. differs from the arithmetical mean of the whole set
Gut/Schlecht Liste	List of recommended and inadvisable recipes/food	←