



BLUETOOTH SCALES FOR RESEARCH



Hi there,

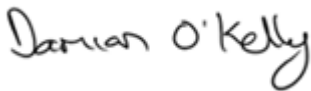
With the festive season approaching, I would like to take a minute to extend my personal thanks to you. As a Nutritics Champion, you have helped to test, shape, and improve our software. Without you, Nutritics would not be where it is today!

We hope you like your little Christmas present!

If have any questions for us or if you are considering using our Bluetooth scales as a part of your next research project, please do get in touch with our customer success team via email at success@nutritics.com. We would be more than happy to help get you up and running!

Merry Christmas and best wishes from all the team here at Nutritics!

Happy logging!

A handwritten signature in black ink that reads "Damian O'Kelly". The signature is written in a cursive, slightly slanted style.

Damian O'Kelly

Chief Executive Officer, Nutritics

HOW TO USE BLUETOOTH SCALES WITH LIBRO

Connect Bluetooth Scales to Libro

Connect the Bluetooth scales to your Libro account by navigating to the menu, going to settings and clicking on the 'hardware' tab.


Make sure your scales are turned on and that Bluetooth is enabled on your phone. Click 'scan for devices' and select your device from the results.

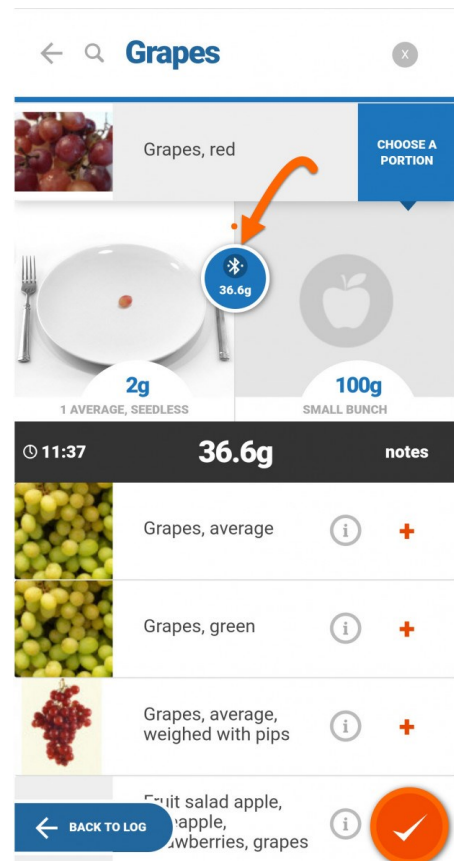


Please be advised that all scales need to be charged for 5- 10 hours before use, and at least 5 hours later before you start to change the settings.

Use the Scales in Logs and Recipes

Click on the menu and 'today' to return to the home screen to log foods and recipes to your diet log or to add a recipe to Libro.

1. Create a new recipe or click 'go to log'.
2. Search for the food or recipe that you want to weigh.
3. Select an item from the search results - you will be prompted to select a portion size as normal, but now you will notice a Bluetooth symbol as shown below.
4. Place the food item on the scales and the weight will update in Libro automatically.
5. Click on the tick button  to add the food to your basket. Repeat this process for any other foods you wish to add.



TAKE THE WORK OUT OF DATA COLLECTION

- LIBRO FOR RESEARCH

24HR RECALL

Capture 24hr recall or multiple day food diary by direct participant logging

LARGEST FOOD DATABASE AVAILABLE

30+ National Food Composition Datasets, including CoFIDs 2015 and Brandbank manufacturers database

CUSTOMISABLE SETUP

Customisable app setup allows to:

- Choose active 'meal collector' slots
- Show or Hide nutritional feedback
- Set to photo capture only, or database search & log mode
- Set databases - specific national databases or branded foods sources

CUSTOM FIELDS

Attach additional 'custom field' data to be completed by the participant (e.g. location of consumption or 'prepared by self / other')

TIMESTAMPS & GPS

Automatically capture time-stamp and GPS coordinates

NOTIFICATIONS

Engage users with in-app prompts, reminders and 'if this, then that' workflows

PROGRAMS

Option to deliver articles, videos, appointments and forms via the program builder and scheduler to improve engagement / adherence

DATA IMPORTS

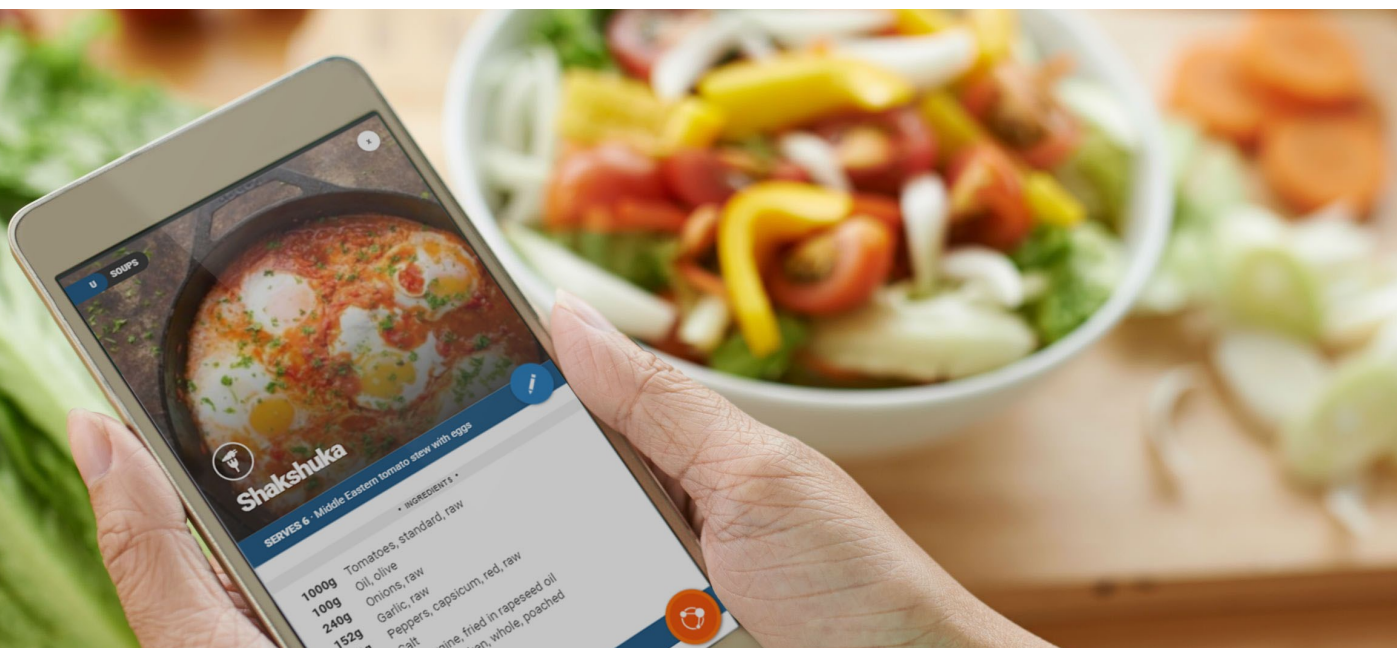
Instantly import data (including recipes made by participants) from LIBRO to your Nutritics account

NOTES

Enrich imported data with any additional notes, tags or other modifications (e.g. in interview led double pass etc)

LOCAL FOOD DATA

Integrate campus restaurant data and local restaurant foods (where the site are Nutritics Foodservice users)



BRINGING A PRACTICAL ANGLE TO TEACHING NUTRITION

Queen's University Belfast is one of Europe's leading nutrition universities. In this case study, Anne Nugent, senior lecturer in nutrition at Queen's University Belfast, discusses the challenges presented by a lack of suitable nutrition software for teaching and how the Department of Biological Sciences has overcome this by building a partnership with Nutritics.

EXECUTIVE SUMMARY

Demand for nutrition and dietetics graduates has never been stronger across the food and health industries.

Consequently, additional pressures are being placed in academic institutions to deliver high calibre graduates that will shape these industries into the future. Anne has recognized this need and the importance of "future-proofing" the Queen's nutrition programme. As part of this, the University has partnered with Nutritics to ensure their students are prepared in the best way possible for their career.

Anne's background is a mix of industry experience and academia. With a PhD in Nutritional Immunology, she has worked

with the British Nutrition Foundation in London and the National Dairy Council. Alongside this, Anne has lectured in nutrition at University College Dublin (UCD), where she acted as course coordinator for BSc Hons Human Nutrition prior to moving to Queen's University.

A PRACTICAL ANGLE FOR TEACHING NUTRITION

Anne notes that "bringing a practical angle to teaching nutrition is vitally important". She searched the market, but found many nutrition software solutions were dated, often with limited access, which was simply not feasible for the digital age.

Anne and her colleagues were "keen for students to use a software that they would likely use in the 'real world'".

Alongside choosing a software that their students would use after graduation, Queen's needed a tool with the "ability to design more stimulating practical classes". Student engagement and interest is often influenced by the technology being used in the classroom. A reliable and easy-to-use software was essential.



WHY WE CHOOSE NUTRITICS

Anne was familiar with Nutritics from her previous roles and she was able to quickly guide her department to a suitable product for their needs.

The main reasons for implementing Nutritics were:

- User friendly
- Accuracy of data
- Applicability in a real world sense
- Quick feedback and help when needed from the Nutritics team
- Achieving tangible results

“For students it is real-time saving!! No data lost! There lots of other advantages

such as the user friendly and intuitive interface and the integration of portion sizes.”

“For students, inputting food diaries, for example, is real time saving and images of foods are really helpful. The feedback has been great too!”

“Using Nutritics has been very beneficial in my role as a lecturer. Practical classes are now far more efficient and it is easy to merge data in the software. Being able to merge outputs to generate a master file for analysis has immensely reduced my workload and saved time I could spend more efficiently. “



CONCLUDING REMARKS

“We are really impressed with Nutritics. There is a constant emphasis to integrate research into teaching to stay ahead of future trends. Nutritics helps us to ‘future-proof’ our teaching, by ensuring that our students are familiar with all the new and innovative ways that food intake is measured.

“Additional features in the software, such as the food label and new product development tools, ensure that our students are learning about the latest legislation and innovations in the food industry.

“We’ve had a very successful year using Nutritics and look forward to making sure we get the most out of Nutritics into the future.”

Easy to use, cloud-based, and offering the most practicable way to teach nutrition, Nutritics is developed by technologists and regulatory experts. Sign up to try Nutritics for free or speak to one of our expert advisors on how to best implement it with your students!

Why not shine a spotlight on your research with Nutritics? Just email us at marketing@nutritics.com.



WE GOT YA
COVERED!



EXPERT TIPS & TRICKS

RIGHT-CLICK

Right-click on a recipe to open it from any workspace, or right-click on the tabs at the top to show the last 5 opened items.

ADVANCED SEARCH

Find foods based on food categories, custom groups, dietary requirements, food databases and nutrients.

REPORT TEMPLATES

Customise reports and save them as templates. Click the grey settings box beside the "Export To" button on any report to access templates.

KEYBOARD SHORTCUTS

Tab: Cycle through food search category, move from left to right across food diary

F3, CTRL + F: Move to food search

Up & Down Keys: Move up and down search results and quantity boxes

Enter: Opens the summary box for a food/activity search, Open the smart entry dropdown box in a workspace, Enter the selected item into a workspace

Double Enter: Adds selected search item into workspace, bypassing the summary box.

FIND & REPLACE

Right-click a in the search or in a recipe and click 'Replace'. This lets you swap an ingredient for another ingredient across all recipes where the ingredient appears.

COMPARE

Right-click on the image of any food or recipe and click "Compare" to compare it to other foods or recipes. These are saved in your "My Comparisons" folder.

DUPLICATE

Duplicate an existing client/recipe/food/log or meal plan and edit it to create a new one. Right-click on any food and select "Duplicate". Remember to change the name to something new!

CHANGING SYSTEM MEASUREMENTS

Navigate to the Menu > Settings to open the settings for Nutritics. Click on the preferences tab and scroll down to the region & language section to change your preferred system of measurement eg. from the metric system to the imperial system.

CHANGE NUTRIENT DISPLAY SEARCH

Change the nutrients that appear under the food photograph when you are searching for foods. This is useful for meals with an emphasis on certain nutrients such as iron or potassium. Change this in Menu > Settings > Preferences.

EXTENDED FOOD DATABASES

Add and turn off database sources from Menu > Settings > Databases. Click the drop down at the top and select 'custom sources' to gain access to even more food information.



ONLINE TRAINING

Learn how to streamline the research process from data collection to evaluation by booking in for our bi-weekly researcher webinars at www.nutritics.com/p/webinars. Find out how to gain greater control of your research data and how to tailor Nutritics to your research goals!

The online training covers

DATA ENTRY WITH CUSTOM FIELDS

Learn how to add your own data to any food or food diary, such as meal times, satiety levels or custom nutrients

COLLABORATION TOOLS

Learn how to combine data from multiple accounts into your master account for analysis, complete with audit trail

FURTHER ANALYSIS IN EXCEL

Learn how to delve into your data analysis and manipulate your data further using Pivot Tables

BULK EXPORT

Learn how to export to Excel for grouped analysis using our batch export tool. Automatically calculate average nutrient intakes for groups.



We are happy to help with any questions big or small!

For some helpful online resources, have a look at the user guide at www.nutritics.com/p/userguide

For further queries and feedback, just email us at success@nutritics.com

Alternatively, send a message on WhatsApp or Botim to +353 83 190 2154 (available on mobile only).

We aim to respond to all queries within one working day.

For further information around training resources, take a look at <https://www.nutritics.com/p/trainingcertification>