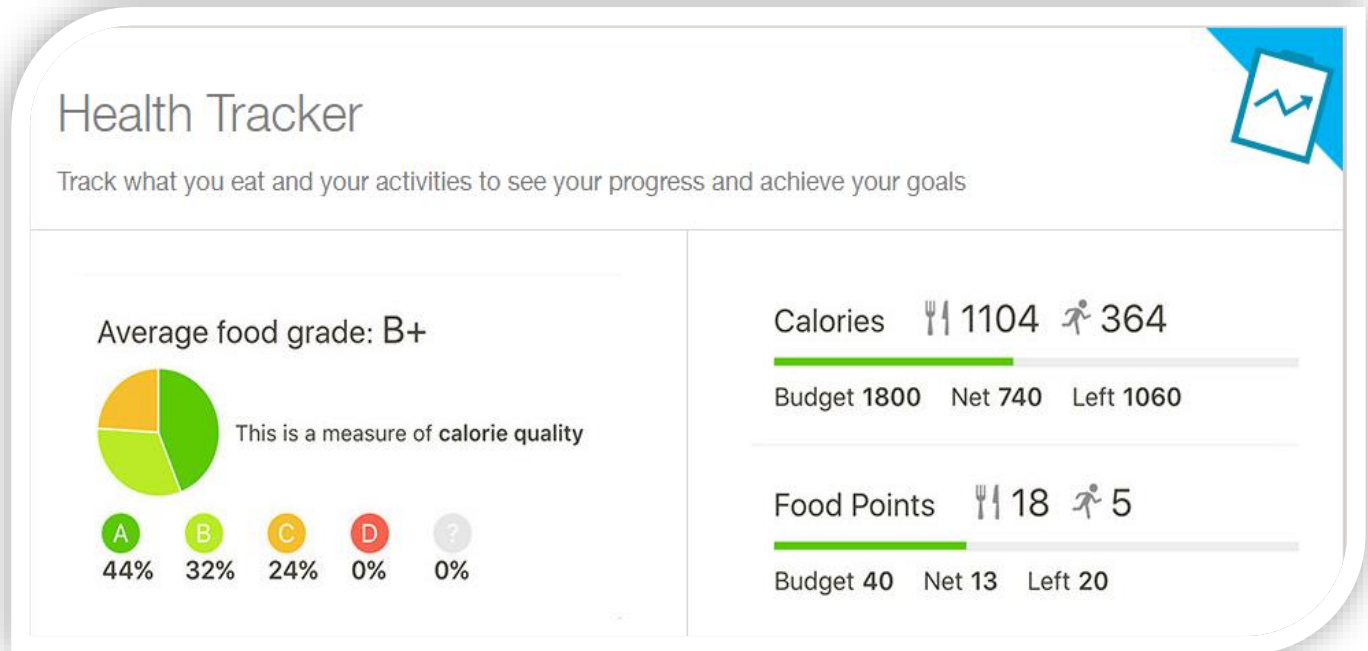


Health Tracker



- Averages for user-defined time-spans
- Create combination items for recipes or meals
- Create custom food databases and share them with others (or edit them in spreadsheet programs)
- Create your own food labels
- Daily, weekly, and per item statistics
- Detailed common foods database (Canada Nutrient File 2007b)
- Energy, protein, and fluid requirement estimator (or set your own energy goals)
- Fast, user-friendly interface (introduced in v2.0 based on user feedback) *see Final Note*
- Food search index and food group categorization
- Graphs that track individual nutrients, energy and water
- Large, easy to read, bar graphs
- No network connection required (except when sharing your custom databases)

- › Nutrient information by weight, energy and ratio
- › Record your consumption throughout the day (not just for pre-defined meals) because when you eat is important
- › Sort your consumption by nutrient to find where you are consuming the most sodium, trans fat, etc.
- › Statistics for user-defined time-spans
- › Tracks energy (kcal or kJ), total fat (g), saturated fat (g), trans fat (g), cholesterol (mg), sodium (mg), potassium (mg), total carbohydrate (g), dietary fibre (g), sugars (g), net carbohydrate (total carb - fibre) (g), protein (g), calcium (% or mg), iron (% or mg), and water (mL or fl oz)
- › You build your main database so you do not have to troll lists of food you do not eat

ABOUT SIYANA

Siyana provides next-generation data, analytics, and decision support capabilities catered for massive, sustained improvements in healthcare and education outcomes. We are the leaders in a new era of advanced predictive analytics for with a suite of machine learning-driven solutions, decades of outcomes improvement expertise, and an unparalleled ability to integrate data from across the healthcare ecosystem. Our BIG data approach and know-how of next-generation data warehouse and application development methodologies helps improve quality, add efficiency and lower costs for organizations ranging from the largest US health system to forward-thinking physician practices. Our technology and professional services can help you keep patients engaged and healthy in their homes, communities, and workplaces, and we can help you optimize care delivery to those patients when it becomes necessary. We are grateful to be recognized by Modern Healthcare and a host of others as a Best Place to Work in technology and healthcare.

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